

## Nana Grizol

# "Stop And Smell The Roses"

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Not to say were not fortunate to be born  
To a world that encourages us to grow  
But sometimes perpetual motion moves so slow

Hunger for a change of scenery  
You drive North in search of snow  
Were you prepared for certain shadows  
To follow you everywhere that you go

Your body's been decaying all this time  
And now it finally starts to show  
And are you having second thoughts  
About that path that you chose

Now that the fire in your eyes  
Has burned down like coals  
To a warm consistent glow  
Well hey that smoke has cleared  
You regained the use of your nose

So take take a second now  
To stop and smell the roses  
Just like you never thought you had time  
But always thought that you should  
At least for now it okay to take life in smaller doses  
Something new has come to town  
Seems like he's doing you good

And I've come to a new town  
Yeah sure it's somewhat the same  
It feels good to be aware of  
But still not focused on the cause behind that pain

And sometimes when the mood is right it feels  
Like every inch and nothings changed  
But in some way that not for one second  
Has stayed the same

So you remember to eat dinner  
Remember to feel better  
Remember your friends  
They'll think that you forgot them

If you only write secret letters  
Remember not to focus on  
Those feelings that you lack  
You just might give yourself a heart attack

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