

40 Below Summer

"Anxiety 101"

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I feel weak
and i cant sleep
i'm still wasting
i'm still tasting
this place
i'm still waiting
contemplating
why am i a
wake
wake
wake
lie awake
wake
while I lie awake
wake
wake
lie awake
wake
while i'm lying
sometimes I need a break
cause its over and over revolving around me
that I cant catch my breath (it's all the same)
sometimes I feel the weight
like the weight of the worlds on my neck
its so hectic
that I can barely make it through the day
day
day
through the day
day
shut me down
and turn me out
all this bleeding
i'm still feeling ashamed
can you just please leave me be
and let me breath again
sometimes I need a break
cause its over and over revolving around me
that I cant catch my breath (it's all the same)
sometimes I feel the weight
like the weight of the worlds on my neck
its so hectic

that I can barely make it through the day
give me another way
give me another way out
give me another way
give me another way out
give me another way
give me another way out (another way out)
give me another way
give me another way out (out)
give me another way out (out)
give me another way out (out)
give me another way out
sometimes I need a break (need a break)
cause its over and over revolving around me
that I cant catch my breath (it's all the same)
sometimes I feel the weight (feel the weight)
like the weight of the worlds on my neck
its so hectic
that I can barely make it through the day
day
day
though day
day
day
though day
day
day
though day
day
day

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