

## **Alyson Stoner**

### **"Lost & Found"**

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This is my world, four walls and a view, I stare at the ceiling, chasing these feelings around in my head I'm so confused, constantly for what I've been missing in my life, I learned to be strong when the walls are crumbling all around my heart

You might say I feel lost and found,  
You might say I'm all turned around.

This is the first time that I know who I am. Cause now my feet are on solid ground before I didn't know up from down. It won't be long to find where I'm going now.

I must confess, I was a mess, I tried not to show it, didn't want them to know it

Cause everyone has  
(everyone has)  
their own cross to bear  
and mine is still waiting  
for everything to  
fall back into place  
But I learned to be strong  
When the rain is falling  
all around my heart

You might say I feel lost and found  
You might say I'm all turned around  
this is the first time that I know who I am

Cause now my feet are on solid ground  
before I didn't know up from down  
Thanks to love, I know where I'm going now

You might say I feel lost and found  
You might say I'm all turned around  
this is the first time that I know who I am

Cause now my feet are on solid ground

Before I didn't know up from down

It won't be long 'til I find  
where I'm going now

Don't look back  
Learn from the past  
Living for now is what keeps me going

Don't look back but hold the memories  
I can do this  
I must do this

This is my world  
A much better view  
I feel myself growing  
without even knowing  
what lies ahead  
(what lies ahead)  
but who really knows  
I'll just embrace it  
with love, I can face it

You might say I feel lost and found  
You might say I'm all turned around  
this is the first time that I know who I am

Cause now my feet are on solid ground

Before I didn't know up from down  
Thanks to love, I know where I'm going now

You might say I feel lost and found  
You might say I'm all turned around

This is the first time that I know who I am

Cause now my feet are on solid ground, before I didn't  
know up from down  
Thanks to love, I know where I'm going now

I know where I'm going now  
I know where I'm going now

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