

## **Slow Runner**

### **"Sing About Your Feelings"**

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Long face, hard pressed  
To coax a little songbird  
From the ribcage in your chest  
I know the ocean's in your eyes,  
I know the world is full of lies.  
And your diaries burn and  
Secrets churn, and up into the sky

Sing about your feelings  
Sing about your feelings, you'll be fine

Tear all your jeans up at the knees,  
Go find a corner of the street  
And play songs you know about trains and smoke,  
and pretty things that bleed.  
Maybe the man has done you wrong,  
Maybe your folks don't get along  
Or a boy who was supposed to call you,  
but he left you by the phone.

Sing about your feelings,  
Sing about your feelings, you'll be fine.

You never thought it'd come to this,  
Trading a heart in for a fist  
And a notebook's worth of furious scribbling  
Aching in your wrist

Sing about your feelings,  
Sing about your feelings, you'll be fine.  
Sing about your feelings,  
Sing about your feelings, you'll be fine...

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