

And One

"Take Some More"

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Too much hunger in some days,
How much longer must we wait?
Promised wonders everyday,
Take some more, to feel o.k.

Lay the table, act of grace,
You're not able, lost of face,
From the cradle to the grave,
Take some more, to feel o.k.

take some more!
...to feel o.k.
Take some more!
...carry the day.
Take some more!
...to feel o.k.
Take some more!
...carry the day.

On your marks and keep ahead,
With the aim to stay in the red,
Friend are cut out, it's your game,
Take some more to feel o.k.

take some more!
...to feel o.k.
Take some more!
...carry the day.
Take some more!
...to feel o.k.
Take some more!
...carry the day.

"Talk about destruction..."

Depression comes in many flavors. Feelings of sadness, frustration and unhappiness are natural reactions to real life problems but here are the statistics: more and more teenagers are suffering from psychic diseases caused by chemical and designer drugs. The suicide rate is increasing! The

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