

Anne Haigis "Shrink"

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Now post-natal depressions starts the day that you
were born
The product of an accidental meeting on a train
A slap to start you crying, the milk to make you stop
You suck until you're satisfied and choke on every drop

You don't want to tremble
You don't want to shake
But you must
Cause water tasted like ashes
And apples tastes like dust
And some days you wake and the phone won't ring
The postman's died, the birds don't sing
The mercury's falling so fast, the flowers all freeze
It's a shock that you have to go back to school
To learn how to walk and crawl
And even to breathe

They drag you from a woman, as bright as a new pin
To spend a troubled lifetime, tryin' hard to crawl back
in
And every day your mirror shows the blemish of your
soul
But no one seems to notice that there's no one in
control
And you don't want to tremble
You don't want to shake
But you must
Your knees turn to water
Your bones begin to rust

And some days you wake and the phone won't ring
The postman's died, the birds don't sing
The mercury's falling so fast, the flowers all freeze
It's a shock that you have to go back to school
To learn how to walk and crawl
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