

Turin Brakes "Self Help"

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Breathe in good, breathe out bad
Remind yourself of the things you have, it's easy
Pull a smile onto your face
Understand that making friends is easy

So tell yourself it will be okay
Remind yourself that you're not just in it for the money
The end, the end, the end, the end, the end
My friend, where's the end?

You're up, you're down
You're in the ground in the end, my friend
Where's the end?

I've found myself, deep down in the dirt
I got to get myself to my feet, yeah

So tell myself it will be okay
Remind myself that I'm not just in it for the money
The end, the end, the end, the end, the end
My friend, where's the end?

You're up, you're down
You're in the ground in the end, my friend
Where's the end?

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