

# Mental Stress

Esham

"He should never even see daylight again, never"  
"I have apologized publicly for the...for the Mental ang...  
for the Mental Stress and emotional stress that I have a...  
and I said to those people to umm...  
I feel bad about it too.."  
How I need the eternal rest  
Help me through my mental stress (My mental stress) (4x)

See I've been to Hell and back, and that's a fact  
I get a flashback one day I'm a snack  
My mind is gone, to each his own  
I wish the whole world would just leave me alone  
I wanna die, I do not die  
I'm on the far-side and it's passin' me by  
I wanna cry, I do not cry  
I have to tell me, myself and I  
And who am I, I don't understand  
Wipe that ass once the shit hit's the fan  
Black man, my man, man  
God damn man, all man, man  
No shit, tell me somethin' I don't know, no hope  
And I can't cope wit' the mental stress

How I need the eternal rest  
Help me through my mental stress (My mental stress)

Life ain't nothin' but bullets man  
And who's that nigga with the gun in-hand?  
(What nigga?) This nigga, (What nigga?) That nigga  
(What nigga?) This nigga, finger on the trigger  
(Oh no, whatchya gonna do now boy?)  
I'm finna go nuts like an Almond Joy  
Bang my head against the wall three times until it bleed  
Wicked Witch of the East, the belly of the beast  
See, that's just how it be  
Nobody really gives a fuck about me  
And ya see, that I ain't got no hope  
Somebody help me cope with this mental stress

How I need the eternal rest  
Help me through my mental stress (My mental stress)

Lock me up and throw away the key  
God took my mind and said fuck me  
I kick the wicked shit until I can't nomore  
I black out so much I can't think nomore  
Til' I die, til' I die, when will I die?  
How you be a homicide without an alibi  
No lie, I can't wait til' I die  
Niggas still think Heaven's up in the sky  
And voices in my head call my name at night  
Sometimes I don't know wrong from right  
Insight, Twilight Zone's my home  
I put the chrome to my dome when I'm all alone  
By my lonely, I'm gonna join my dead homie  
No hope, and I can't cope with the mental stress

How I need the eternal rest  
Help me through my mental stress (My mental stress)