

Days, they surround you through the day
Words imprison you they say
Maybe there was something you can do
I look around there's no resisting truth

Just breathe it out
And find out what you're lookin' for
Yeah, breathe it out
And find out what you're lookin' for
Just leave it now
And let your mind roam free

Help me get you through the night
Hush and listen to the quiet
Tell me, if there's somethin' I can do
Trust in me, don't be misunderstood

Just breathe it out
And find out what you're lookin' for
Yeah, breathe it out
And find out what you're lookin' for
Just leave it now
And let your mind roam free

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Turn another page in the Red Book
Then you'll see
Turn another page in the Red Book
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