

## Take a Walk

### The Head and the Heart

Take a walk, try to relax  
It's not as bad as you think  
Brush it off, she'll call in the morning  
It's not as bad as you think

Is it a sign blowin' through my mind  
Or is it just dust on the road  
Lost and found, turned around  
It's just us on the road

Why's it so hard to find a piece of mind  
In a world where you're given all of the time  
Just to find out  
Yeah, to find out

Why's it so hard to find a piece of mind  
In a world where you're given all of the time  
Just to find out  
Yeah, to find out

Your heart should know

In the mornin' my head is spinning from the evenin'  
I try to erase you every mornin'

Why's it so hard to find a piece of mind  
In a world where you're given all of the time  
Just to find out  
Yeah, to find out

So why's it so hard to find a piece of mind  
In a world where you're given all of the time  
Just to find out  
Yeah, to find out

Your heart should know  
Should know, know when it's time  
Your heart should know  
Should know when it's time

Is it a sign blowin' through my mind  
Or is it just dust on the road