Self Help

Turin Brakes

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 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 My friend, where's the end?

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