

# Between Hell and a Heartbeat

Hatebreed

Deformed living hemorrhage knotted into flesh  
Betrayal lives within hosts  
Anchored in bones  
Surviving on secrets told

All screams are but whispers  
In the realm of the barely living  
Unraveled, in the arms that carried  
If it's still worth loving it's still worth letting go

One last nail  
In the coffin of all your trust  
Where there once was love now lives total disgust

Somewhere between hell and a heartbeat (2x)

Sometimes the unforeseeable  
Is what our lives become  
And now matter how strong and spirited we are  
Some hold the weight of the harm done

One last nail  
In the coffin of all your trust  
Where there once was love now lives total disgust

Deprived  
Undreamed of  
Somewhere between hell and a heartbeat

Grey skies rain down a hail of black  
Put your ear to my chest and hear nothing  
This is oblivion  
Absence heard with clarity  
Just hope it's all a dream  
Stagnation of the all being  
We cease to be  
Somewhere between hell and a heartbeat