

# Slow Down

Hoobastank

Sometimes I forget to breathe  
Life can be overwhelming  
Always pushing and pulling on me  
Away from what really matters  
And I keep forgetting to remind myself  
I keep forgetting to remind myself  
I keep forgetting to remind myself

Slow down  
No one ever said this journey was a race  
What's the hurry?  
Slow down  
I'll go anywhere I want at my own pace  
Without a worry  
I've gotta slow down

It's never easy letting go  
When the feeling is so familiar  
Of always being in control  
Maybe it's an illusion

Slow down  
No one ever said this journey was a race  
What's the hurry?  
Slow down  
I'll go anywhere I want at my own pace  
Without a worry

Slow Down  
Let go now  
Slow Down

Slow Down  
Let go now  
Slow Down

I hope that it's not too late  
'Cause everything's all a blur  
On and on  
On and on

I hope that it's not too late  
'Cause everything's all a blur  
On and on  
On and on

I keep forgetting to remind myself