

# Exhale

Matthew Parker

Every heartbeat is a reason for trying  
Every exhale is anxiety dying  
Take another step  
Through the open door  
We could be so much more (be so much more)  
What are we waiting for?

Tell me whatcha waiting for  
It's a tug-of-war but you're not pulling full force, yeah yeah yeah  
Where did all your big dreams go cause  
Now you're chasing happy chemicals to cope, yeah yeah  
Tell me all your wildest dreams  
What if you could make them be  
More than just a fantasy  
What if you could make them breathe

Inhale courage  
Exhale pain  
Never let your brain know you're feeling afraid  
You won't ever soar with your two feet on the floor  
Whatcha waiting for

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Waiting for a sign, yeah they're everywhere  
In bold on billboards like you're in Times Square  
Feel it on the inside, you gotta set it free  
Step out of the cage yeah you've always had the key  
Tell me all your wildest dreams  
What if you could make them be  
More than just a fantasy  
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