

# Brain Constipation

[Nofx](#)

Can't stop obsessing all the alienation  
My head is bleedin', frickin', brain constipation  
Somebody hear me, somebody listen to me  
Am I alone in this world, is there anyone listenin'?  
Appease me, can't find a reason to be  
Alienation, is taking over me  
I'm going away, can't go on any longer  
I really don't know why I just gotta die  
I never thought this was how it would end  
The body swingin', I see it over and over again  
Vanian singin', can I ever listen to it again?  
A cry for attention, it was a cry never heard  
With no one listenin', there was nothing to be heard

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