

# Need A Break

## David Myles

You need a break from the noise in the middle of the night  
You need a break from the boys who just seem to want to fight  
You need a break from being lonely, a break from playing games  
You need a break from shaking hands, faking interest in their names  
I believe you when you tell me your time is running out  
I can see it in your eyes, I can tell that there's no doubt  
You need a break, you need a break  
You need a break from paying bills, a break from paying rent  
You put all your money on your loans and you can't make a dent  
You need a break from early mornings, a break from your alarm  
A break from your boss wouldn't do you any harm  
Your temper's getting shorter and your mood is getting bad  
If you had a bottled genie, it'd be the only wish you'd have  
You need a break, you need a break  
Don't need new clothes, don't need a new car  
Don't need someone telling you how lucky you are  
You don't want to rent a movie or go for a run  
If you had a list of things to do you'd only choose one  
You need a break, you need a break  
You don't need a doctor, don't want to take pills  
You don't need their diagnosis cause you know it so well  
They'll say take your time and ask yourself why  
Well you already have and you told yourself  
I just need a break, just need a break  
You need a break from the hassle, a break from the hype  
You need a break from going in and out of fashion overnight  
You need a break from keeping up, a break from feeling down  
You need a break from all the traffic on your way across town  
You need a break from people telling you what's right and what's wrong  
No one seems to want to listen to what you've known all along  
You need a break, you need a break  
You've tried to learn to paint, you've tried to learn to sing  
You've tried to meditate, you've tried everything  
You read Walt Whitman and the Tao Te Ching  
And you're still missing something, still missing one thing  
You need a break, you need a break  
You don't need a doctor, don't want to take pills  
You don't need their diagnosis cause you know it so well  
They'll say take your time and ask yourself why  
Well you already have and you told yourself I...  
Just need a break, just need a break, just need a break

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