

# The Best and the Worst

[Leona Lewis](#)

It's been one too many days wondering what I did wrong  
One too many days hoping to hear the phone  
One too many days feeling all alone  
Maybe it's time for me to move on So i'm taking the hurt, the bruises and ruins  
The stones from the wreckage to build something new  
Sometimes a lot makes you search for the truth  
Sometimes the worst brings the best out of you  
Sometimes the worst brings the best out of you All this emptiness is space for me to breathe again  
Loneliness is finding my own freedom  
Through the shame I told myself to walk with grace  
One day you'll regret those heartless things you said So i'm taking the hurt, the bruises and ruins  
Tearing it down, down, to build something new  
Sometimes a lot makes you search for the truth  
Sometimes the worst brings the best out of you  
Sometimes the worst brings the best out of you I won't look back, I wish you well  
I lost my way but found myself  
Taking the hurt, the bruises and ruins  
Tearing it down, down, to build something new  
Sometimes a lot makes you search for the truth  
Sometimes the worst brings the best out of you Sometimes the worst brings the best out of you  
Sometimes the worst brings the best out of you  
Sometimes the worst brings the best out of you

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