

# 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

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