

# August Burns Red, Composure

Shake it off.

Pick yourself up, they say.

Your life fell apart in your hands, and you've got the scars to prove it.

It's not the first time, and they're getting deeper.

Pull it together.

Button up your shirt.

Roll down those sleeves.

Don't let them see how you've coped.

It's not the first time, and they're getting deeper.

More and more your demeanor looks like quicksand.

It seems like your giving up on everything you worked for.

It's pulling you under.

It's gripping around your throat.

Life can be overwhelming,

but don't turn your back on the strongest crutch you've ever.

They have always been there to brace your fall.

Wave goodbye to the past.

You've got your whole life to lead.

It's time to gain some ground.