Ann Beretta, Cast No Shadows

I sit here alone on another cold day and i look to my plate and I hope and I pray as I sink

I fall to the bottle again it cuts to the quick and it breaks the bones and I've played by the rules and I've broke a few but somethings got to change

I throw in the towel and the bottle breaks and I fall to the ground and your body quakes and nothing and I lay here broken by the wave and

I cast no shadows where

I lay and I'm bruised and beaten by the wind and I've lost all

I have to give.