James Blunt, The Truth

it's a long lonely road
that I've walked on my won
never thought I'd end up in this place
I went fast
I went slow
then I gave up all hope
cause I know either way it's the same
and I am not tryng to find somebody
cause no one else but you will do
yeah the real thing is gold
how I wish I could hold you

I waste all of these days and nights trying to chase all these empty highs but I had to go to my worst so I'd know that I just needed you