

# Plus One, One Breath

life is hard, but it's been a little harder than usual lately  
I wish I knew why I am struggling through this  
what makes it harder is the lack of understanding on my part  
could I have changed this, why am I fighting life so hard?

how long can I survive this, i'm losing the strength to try  
tell me, how am I supposed to live through this how do we get by?

We take one breath, let it out,  
we take another an maybe somehow,  
everything will work out to be just fine,  
we take life 5 minutes at a time.

One breath, let it out,  
we take another an maybe somehow,  
everything will work out to be just fine,  
we take life 5 minutes at a time.

Life is hard, it didn't turn out like I hoped it would be  
and I don't dare to dream, if dreaming leads to this cause when it's left to me,  
it's hard to see past the sky becoming dark  
if it makes no difference why am I trying to do my part?

I climb back from that fall again, it feels like a hundred times  
how do I believe in a hundred and one, though we stumble to 99

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To go on living, when all you've lived for is gone  
to find faith when everything you know about life might be wrong  
to find hope in the dark, to still believe there's a dawn  
this is the courage to make a life, it is the strength to go on..

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ya...