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## **Talk It Out**

Words and music by Glyn Lehmann

### **Intro**

Talk it out, let it out  
Don't get stuck on a roundabout  
It's never too late, don't hesitate  
Let somebody help you lift that weight

### **Verse 1**

If something is making you feel small  
Weighing you down, taking its toll  
Feeling heavy like you could sink  
Taking over every little thought you think

### **Verse 2**

If something is making you feel sad  
Like the worst day you've ever had  
Can't see an end in sight  
All you wanna do is give up the fight

### **Bridge**

You've got to know there's always someone  
You can tell your troubles to  
Cos we've all been there before  
And thought there's nothing we could do  
And there's one thing that we want to say right now  
Yes there's something that we need to say right now

### **Chorus**

Talk it out (talk it out)  
Let it out (let it out)  
(So you) don't get stuck on a roundabout  
It's never too late, don't hesitate  
Let somebody help you lift that weight

**Repeat:**      **Chorus**  
                  **Verse 2**  
                  **Bridge**  
                  **Chorus x2**

### **Coda**

We can lift that weight, lift that weight x4