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# Release

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7/30/07

Let go of the fear that is  
cramped in your heart  
Untangle your mind and let your  
thoughts fall apart  
Escape ~~from~~ from the stress  
and all that comes near  
take a deep breath and release  
all your fear  
let it all flow like blood from  
a wound  
life will get better if not now  
very soon

Adam  
Teller  
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