

Lyrics For Sale: Racing Thoughts Healing Poetry

Lyrics For Sale is a collection of poems that explore the themes of mental health, healing, and hope. The poems are written with raw honesty and vulnerability, and they offer a glimpse into the author's own struggles with anxiety and depression.



LYRICS FOR SALE: Racing Thoughts & Healing Poetry

by Lavi Picu

★★★★☆ 4.3 out of 5

Language : English
File size : 6503 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 347 pages
Lending : Enabled
Screen Reader : Supported



However, the poems are not all dark and heavy; they also contain moments of humor, beauty, and hope. Lyrics For Sale is a powerful and moving collection of poetry that will resonate with anyone who has ever struggled with mental health issues.

Free Download your copy of Lyrics For Sale today!

Anxiety

My heart races like a runaway train,

My thoughts spiral out of control,

I feel like I'm going to explode,

Like I'm going to lose my mind.

I can't breathe,

I can't think,

I just want to escape,

To get away from this pain.

But I can't,

I'm trapped,

And I don't know how to make it stop.

Depression

I'm so tired,

I don't want to do anything,

I just want to sleep,

And never wake up.

I feel so empty,

Like there's nothing inside me,

Like I'm a shell of a person.

I don't care about anything,

I don't even care about myself,

I just want to die.

Hope

But even in the darkest of times,

There is always hope,

A light at the end of the tunnel,

A reason to keep going.

I know that I can get through this,

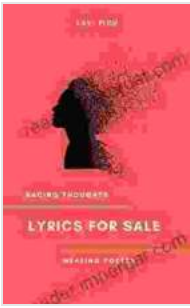
That I can overcome my anxiety and depression,

That I can find happiness again.

I don't know how I'm going to do it,

But I know that I will.

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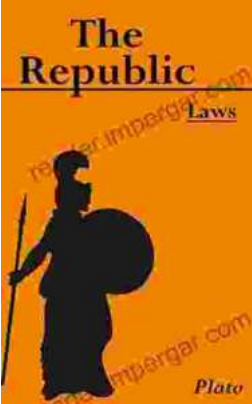


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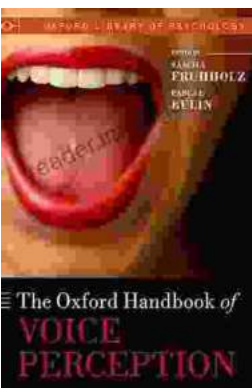
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