

Twenty-Four Hours (One Day at a Time)

Written at Cataumet June 2015

I don't remember exactly what day or time
the alcohol..... took over my mind
My body was shaking and I found it hard to think.....
I couldn't go an hourwithout another drink

One day at a time

24 hours..

one day at a time...

24 hrs...

one day at a time...

24 hrs...one day at a time...

Looking to myself in the mirror when I'm high....
Staring into my eyes makes me want to cry....
Today is now
tomorrow never comes...
Sometimes I ask myself ask self how has this begun

Chorus

*We can learn to breathe, let ourselves slow down
We deserve better, this new life we found...
Get down on our knees, help me higher power
Just get us through.... twenty four hours....*

Chorus

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