

**Catch And Release**  
**Matt Simons**

Intro 2x: **C Am Em**

**C**  
There s a place I go to

**Am**  
where no one knows me

**Em**  
It s not lonely

**C**  
It s a necessary thing

It s a place I made up

**Am**  
Find out what I m made of

**Em**  
The nights are stayed up

**C**  
Counting stars and fighting sleep

**C** **Dm**  
Let it wash over me

**Em**  
Ready to lose my feet

**F** **C**  
Take me on to the place where one reviews life s mistery

**Dm**  
Steady on down the line

**Em**  
Lose every sense of time

**F**  
Take it all in and wake up that small part of me

Day to day I m blind to see

And find how far

**C**  
to go

Chorus:

**C** **Am**  
Everybody got their reason

**Em**  
Everybody got their way

**F**  
We re just catching and releasing

**C**  
what builds up throughout the day

**Am**

It gets into your body

**Em**

And it flows right through your blood

**F**

We can tell each other secrets

**C**

and remember how to love

**C**

Dadumdadadadamdam

**Am**

Daa Daa dam dam

**Em**

daa daa dam dam

**C**

Dadumdadadadamdam

**Am**

Daa Daa dam dam

**Em**

daa daa dam dam

**C**

There s a place I m going

**Am**

no one knows me

**Em**

If I breathe real slowly

let it out and let it in

**C**

They can be terrifying

**Am**

to be slowly dying

**Em**

Also clarifying

**C**

the end where we begin

**C**

**Dm**

Let it wash over me

**Em**

Ready to lose my feet

**F**

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