

**Take A Walk  
The Head and the Heart**

[Intro] 4x

**C G Am F**

[Verse]

**C G Am F**

Take a walk, try to relax

**C G Am F**

It s not as bad as you think

**C G Am F**

Brush it off, she ll call in the morning

**C G Am F**

It s not as bad as you think

**C G Am F x2**

**C G Am F**

Is it a sign blowin through my mind

**C G Am F**

Or is it just dust on the road?

**C G Am F**

Lost and found, turned around

**C G Am F**

It s just us on the road

**C F**

[Chorus] 2x

**C Am**

Why s it so hard to find a piece of mind

**C Am**

In a world where you re given all of the time

**G**  
Just to find out?

**F**  
Yeah to find out

**C Am G**

**Am C G**  
Your heart should know

[Bridge]

**Am C G**  
In the mornin ,

**Am C G**  
My head is spinning from the evenin  
**C G Am**

I try to erase you every mornin

[Chorus] x2

**C** **Am**  
Why s it so hard to find a piece of mind  
**C** **Am**  
In a world where you re given all of the time  
**G**  
Just to find out?  
**F**  
Yeah to find out

**C Am G**

[Outro]

**C** **Am** **C**  
Your heart should know,  
**C** **G**  
Should know, know when it s time 2x

(quite strums)

**C** **G** **Am** **F**  
Is it a sign blowin through my mind  
**C** **G** **Am**  
Or is it just dust on the road?