

"A Good Cry"



It is nothing to be ashamed of
Because at times we all go
through it
And believe me when I tell
you this
Many times I had to do it

Because of a passing or the
thought of someone
Once loved and maybe still do
Or something in life that
was wished for
That somehow did not
come true

And many other situations
That had us give that one
big cry
So no it is nothing to be
ashamed of
And not even to ask
yourself why

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