

The Take A Breath Song  
by Peter Alsop

G – C  
C – Am  
D – D7 – G  
G – F# – Em  
Em – C/B – Am  
A – A7 – G  
C – G

Take a breath and count to ten  
Competition leaves you when  
You know when you lose you win  
On top again with Zen.

One hand clapping, let's begin.  
Stop the marble with the pen.)  
There's no strings on your violin.

So throw away your aspirin  
Confuse your colleagues with your grin  
Those conference fees come rolling in  
On top again with Zen.

So don 't be scared, you never lose,  
Just repeat these simple rules,  
Those rich yogis were no fools,  
On top again with Zen.

Self-hypnosis, self-control,  
Tell the rat race where to go,  
You won't care when you plateau,  
On top again with Zen.