

# Poison in Your Veins

Alter Bridge

How long will you cower down  
Until you come to see  
That courage is the hallowed ground  
That changes destiny?  
That only those who dare to win  
With no fear have no remorse  
The time has come to rise again  
You were meant to be much more

Somehow  
Somehow

It's like poison in your veins  
Oh, it's the beast you cannot tame  
The way you let your fear burrow inside  
Will chew you up and spit you out in time  
Release the poison in your veins right now  
Right now, oh

Everything that could've been  
Has only failed to be  
Cause you wasted all your precious time  
You were too afraid to dream  
Well, damn it all to hell I say  
Don't you waste another day  
It's time for you to own it now  
The world is yours to take

Right now

It's like poison in your veins  
Oh, it's the beast you cannot tame  
The way you let your fear burrow inside  
Will chew you up and spit you out in time  
So release the poison in your veins  
So come on bleed it out, it's not too late  
What you choose to see is falling short  
It's time for you to rise and be much more

Don't waste another day  
Don't let it slip away  
The world is all yours to take  
If only you could change

Oh it's like poison in your veins  
Oh, it's the beast you cannot tame  
The way you let your fear burrow inside  
Will chew you up and spit you out in time  
So release the poison in your veins  
Come on bleed it out, it's not too late  
What you choose to see is falling short  
It's time for you to rise and be much more  
Release the poison in your veins right now  
Right now  
Right now  
Right now