

Swimming Through Sand  
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Slap you your feet down, on the floor  
The coffee machine's right by the door  
There's some email! Oh... it's spam  
Lately you've been swimming through sand

Pull out the mirror, line up the coke  
Everything you've been doing seems like a bad joke  
Sit by the bed, and take another pill  
All you need is a triumph of the will

(bridge)  
You, remember, last december  
before the winter had come  
it all exploded, you overloaded  
and spring hasn't yet begun

..... oh, man.  
Feels like you've been swimming through sand

(verse)

The checkbook's empty, the credit cards... maxed  
There's nothing left to pay the tax  
This wasn't in your plan  
Funny how it all turned to sand

Afraid to close your eyes, afraid to sleep  
Squint in the mirror, see your crows feet  
All the things you did just to get ahead  
to join the drugged out, and the dead

You won't be getting up today  
There's nothing left but debt and bills to pay  
How did it all get out of hand?  
Lately you've been swimming through sand  
Feels like you're swimming through sand.