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Here's how you heal, Em - G Feel what it is you feel, Em - G And feel my arms around you, Am - C My tenderness surround you, *F* **-** *C* Bring all your fears, Em - G Cry all your tears, *Em - G* And feel my arms around you, Am - C My tenderness surround you, **F** - **C** Then another you can embrace, C - G As their own pain they face, **Am - F** And be the arms of tenderness. **C** - **G** Around them, around them, *F* **-** *D* Here's how you grow, *Em - G* Know what it is you know, Em - G And feel my arms around you. Am - C My tenderness surround you, F - C Here's how you live, **Em - G** How you can give, **Em - G** With loving arms around you, Am - C And tenderness surrounds you. F - C Then another you can embrace, **C** - **G** As their own pain they face, **Am - F** And be the arms of tenderness, **C** - **G** Around them, around them, *F* **-** *D* Here's how you live, **Em - G** How you can give, *Em - G* With loving arms around you, Am - C And tenderness surrounds you. F - C