

- ❑ **Artist Name:** Lauren Shae
- ❑ **Track Name:** Quiet Ourselves
- ❑ **Track Length:** 3:32
- ❑ **ISRC Code:** AUEMK2100009
- ❑ **Original Release Date:** 05/11/2021
- ❑ **Writer/s Name/s:** Chaise Flanders, Misty Carson, Jason Carson
- ❑ **Album Name:** Single Release
- ❑ **Album Label & No:** N/A
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### ***Lauren Shae – Quiet Ourselves***

As a follow on from her first single 'Strawberry Sunset', Lauren Shae's 'Quiet Ourselves' continues with the appreciation of enjoying the smaller things in life that are missed most days, such as sunsets or stopping to smell the roses. The simplicity of a plastic bag rolling around the pavement may almost go unnoticed, however, is a great analogy for an important yet simple thing, slipping away into the chaos of our lives.

'Quiet Ourselves' goes further and delves into not only living in the now and appreciating the smaller things in life but also highlights the importance of being the best version of ourselves, finding the real meaning of our true selves and all that comes with it. There is time to stop, take in the present, the simple things and ourselves. Surrender to the now and throw up that white flag. There are also times, however, that we need appreciate when we can quiet ourselves and take charge, fight for us, fight for you, fight for ourselves. Many of the greatest things can be heard in the silence, with a clear and conscious mind.