



*characters*  
FRIEND N FELLOW



- |    |                  |       |
|----|------------------|-------|
| 1  | <b>Fighter</b>   | 3:52  |
| 2  | <b>Dreamer</b>   | 3:47  |
| 3  | <b>Gardener</b>  | 4:45  |
| 4  | <b>Child</b>     | 5:01  |
| 5  | <b>Friends</b>   | 3:01  |
| 6  | <b>Soulmate</b>  | 4:13  |
| 7  | <b>Woman</b>     | 3:26  |
| 8  | <b>Travelers</b> | 5:10  |
| 9  | <b>Sister</b>    | 3:50  |
| 10 | <b>King</b>      | 3:16  |
| 11 | <b>Stranger</b>  | 3:44  |
| 12 | <b>Postman</b>   | 2:24  |
|    | <b>total</b>     | 46:49 |

vocals **Constanze Friend**  
guitars **Thomas Fellow**

## fighter

music and lyrics by  
Constanze Friend

The fighter in me  
was gone for a while  
I say no, no, no, no, no

The fighter in me  
is still in my mind  
I say no, no, no, no, no

I say no,  
if you block my way  
and I can't pass you by  
I am tired  
of your fairy tales  
It hurts me when you're lyin'  
if you scream  
although you're not right  
then I look at you  
I say no, no, no, no, no

The fighter in me  
was gone for a while  
I say no, no, no, no, no

The fighter in me  
is still in my mind  
I say no, no, no, no, no

All my life was full of trouble  
But I'm a woman who gets up again  
now the time has come  
to be myself I'm not afraid  
to say no, no, no, no, no

The fighter in me  
was gone for a while  
I say no, no, no, no, no

The fighter in me  
is still in my mind  
I say no, no, no, no, no

I say no,  
if you shut me out  
'cause I'm a little different from you  
I get mad  
if you throw your trash  
into the forest and my soul  
if you ignore  
that I'm feelin' sad  
and you want to go  
I say no, no, no, no, no

The fighter in me  
was gone for a while  
I say no, no, no, no, no

The fighter in me  
is still in my mind  
I say no, no, no, no, no

## dreamer

music by Thomas Fellow  
lyrics by Constanze Friend

You're alone  
and you go  
into your wonderful  
foggy created world

You believe of your sphere  
what you see in this situation  
if you lose yourself and you wonder  
in these moments how it feels  
there's no return

You live who you are  
each day in a different place after all  
but in your mind the postman's message  
you can't find brings you certainty  
the way

You live  
Follow that each day in a different  
follow that place  
it's callin' for you but in your mind  
Follow that you don't know  
Follow that what's right

Follow that Follow that  
follow that follow that  
a dreamer like you it's callin' for you  
is gettin' lost again Follow that  
Follow that

Follow that  
follow that  
a dreamer like you  
is gettin' lost again

You are one  
who belongs  
to this wonderful  
foggy created world

You believe  
what you see  
if you lose yourself  
you know  
there's always a return

## gardener

music by Thomas Fellow  
lyrics by Constanze Friend

I'm waitin' for the watering can  
lookin' for your helpin' hands  
your story touches me again  
You are my gardener

I cannot wait to come to you  
your nature makes me calm and strong  
the peace spreads deep into my soul  
I am your gardener  
I am your gardener

We walked our way alone  
until we found each other  
you are my gardener  
we have become one – step by step

Call it coincidence  
we need each other forever  
I am your gardener  
and now there is no turning back

I'm waitin' for the morning rain  
Child and father meet again  
You are my gardener  
You are my gardener

We walked our way alone  
until we found each other  
you are my gardener  
we have become one – step by step

Call it coincidence  
we need each other forever  
I am your gardener  
and now there is no turning back

I cannot wait to say Hello  
Scents and colors bring me home  
I am your gardener  
I am your gardener

I'm waitin' for the watering can  
Lookin' for your helpin' hands  
your story touches me again  
You are my gardener

I cannot wait to come to you  
your nature makes me calm and strong  
the peace spreads deep into my soul  
I am your gardener  
I am your gardener

The secret of my gardener  
the secret of your gardener  
the secret of my gardener  
the secret of our gardener

## child

music and lyrics by  
Constanze Friend

Little child  
I was blind I didn't see  
all the scars  
that I've hidden within me

Little child  
why'd you get so scared  
that you couldn't move anymore  
little child

Little child  
I was sad I couldn't spell  
all the words  
that have hurt me deep inside

Little child  
how'd you get so lost  
that you couldn't feel your own past

Tell me  
the way that you wanna go  
show me  
the strength you have  
call me

whenever you need a home  
little child  
little child

Little child  
I was saved – now I can see  
all the hope  
that I carry within me

Little child  
I've missed all the time  
while I'm lookin' for my real life

When you're lookin'  
in the mirror, you see  
a sister who is strong  
when you're lookin'  
into the water you sense  
a child who could drown

Tell me  
the way that you wanna go  
show me  
the strength you have  
call me  
whenever you need a home  
little child  
little child

## friends

music and lyrics by  
Constanze Friend

It's 4 o'clock in the morning  
and I had a bad dream tonight  
I'm lyin' here alone in my bed  
you are the only one I like  
I have to call you right now  
otherwise I'll go insane  
I believe that this monster  
is hidin' in my veins

What they do is what friends do  
you are down, they take care of you  
what they do is what friends do  
you are good, they celebrate with you

It's 5 o'clock in the afternoon  
and I've been left again  
I'm sittin' here alone in my room  
and this pain won't go away  
I have to see you quickly  
or else I will collapse  
I believe this sadness  
is killin' me today

What they do is what friends do  
you are down, they take care of you  
what they do is what friends do  
you are good, they celebrate with you

It's 10 o'clock in the evening  
and I wrote my favorite song  
I cooked something delicious  
and my dear soulmate came home  
I have to have you with me  
'cause I wanna dance with you  
I believe this happiness  
is flowin' through my soul

What they do is what friends do  
you are down, they take care of you  
what they do is what friends do  
you are good, they celebrate with you

(for B.)

## soulmate

music by Thomas Fellow  
lyrics by Constanze Friend

We are two  
in one soul  
we are trapped  
in our minds

Just one look  
is enough  
to see  
what you're all about  
I know  
we can't describe our common world

I think  
we can't say if it stays that way  
but what we feel  
is the moment of our  
confidence

We are one  
in our dreams  
we walk on  
a winding path

Just one word  
is so strong  
to know  
what you really want

I know  
we can't describe our common breath

I think  
we can't say if it stays that way  
but what we feel  
is the chance to preserve  
our own lives

We are one  
we are two  
people who  
don't belong  
to this mystery  
that you will  
understand and  
solve sometime

We are two  
in one book  
we are tied  
to our truth

Just one step  
is so much  
to look  
where you want to go

I know  
we can't describe our common  
views  
I think  
we can't say if it stays that way  
but what we feel  
is the fallin' into  
our ease

We are one  
we are two  
people who  
don't belong  
to this mystery  
that you will  
understand and  
solve sometime

We are one  
we are two  
people who  
don't belong  
to this mystery  
that you will  
understand and  
solve sometime

We are soulmates  
we are soulmates  
we are soulmates  
we'll be travelers, always

## Woman

music and lyrics by  
Constanze Friend

Look at this face  
how strong you are  
decisions will be changed again  
accept my embrace  
for such a lonely heart  
it's me  
a woman like you  
I understand

The shape of your hands  
how beautiful  
connections will be found some day  
and take your courage  
for a movin' change  
it's me  
a woman like you  
I feel that way

Accept my embrace  
for such a lonely heart  
a woman is a rock in the waves  
a woman is a beauty I say

And take your courage  
for a movin' change  
a woman is a fighter you know  
from a woman you can learn a lot

Call it your love  
how strange it is  
questions will be answered soon  
accept my respect  
for an empathic mind  
it's me  
a woman like you  
get up and go

The smell of your hair  
how wonderful  
solutions will be here sometime  
and take your moment  
for an honest word  
it's me  
a woman like you  
come on and try

Accept my respect  
for an empathic mind  
a woman is a rock in the waves  
a woman is a beauty I say

And take your moment  
for an honest word  
a woman is a fighter you know  
from a woman you can learn a lot

(for A.)

## travelers

music by Thomas Fellow  
lyrics by Constanze Friend

Travelers are always on the road  
suddenly a suitcase is their home  
and I don't always arrive  
where I wanted to go  
Travelers are always on the road

Travelers are lookin' for something  
sometimes they don't find what they  
really need  
longin' is my close friend  
I don't travel alone  
Travelers are lookin' for something

Travelers are leavin' and comin' back  
feel like a boomerang  
turn like a pinwheel  
sometime they stop  
someday they will finish  
the chapter of rushing

Travelers are always on the run  
often they are hunted in their minds  
I'm a stranger to myself  
my wings carry me on  
Travelers are always on the run

Travelers are lookin' for themselves  
sometimes there is just nobody else  
I move into the world  
let me move on with you  
Travelers are lookin' for themselves

## sister

music and lyrics by  
Constanze Friend

In my heart  
there is a hole  
can't you see it, sister?

In my mind  
there is a fight  
can't you feel it?

Thunderstorm  
in my heart  
there's a hole  
can't you see?

Sister, where've you been?

In my heart  
there is a stone  
can't you see it, sister?

in my mind  
there is a fire  
can't you feel it?

Thunderstorm  
in my mind  
there's a stone  
can't you see?

Sister, where've you gone?

In my heart  
There's a hole  
can't you see  
in my mind  
there's a fight

In my heart  
there's a stone  
can't you see  
In my mind  
there's a fire

Sister, where've you gone?

In my heart  
There's a tear  
Can't you see it, sister?

In my mind  
There's a wish  
Can't you feel it?

Thunderstorm  
in my heart  
there's a tear  
can't you see  
Sister, where've you been?

Thunderstorm  
In my mind  
There's a wish  
Can't you see  
Sister, where've you gone?

There's a hole  
There's a fight  
There's a stone  
There's a fire  
There's a tear  
There's a wish  
There's a king

## king

music and lyrics  
by Constanze Friend

They say you are crazy  
and make you look weak  
you should do what they say  
but they don't know your dreams

They say you're too serious  
'cause they just know it all  
you should do what they do and  
play along like they say

It's not a revolution  
it's just their game  
if they feel better than you  
they feel like a king

They say you're too lonely  
would go on your own  
you should believe what they say  
but they don't know your friends

It's not a revolution  
it's just their game  
if they feel better than you  
they feel like a king

It's not a revolution  
it's just their failure  
if they live better than you  
they feel like a king

They say you are crazy  
and make you look weak  
you should do what they say  
but they don't know your dreams

I say they're annoying  
they should care for themselves  
now I'll do what I like to do  
I know myself best

It's just a revolution  
it's just my game  
gardener is reaping  
I feel like a king

It's not a revolution  
it's just their game  
now I feel better than them  
I feel like a king

## stranger

music by Thomas Fellow  
lyrics by Constanze Friend

And suddenly  
It's time to go  
and you have  
to leave your home  
it hurts so much  
you don't know  
where  
it will take you

You go ahead  
courageously  
and you reach  
an unknown place  
and now you feel  
like a leaf  
that's blown into  
solitude

I am not sure  
that I am there  
whenever you need me with you  
Stranger, who am I?  
I'm goin' to weave a rug for you  
come into my world  
and try  
to fly

Sometimes  
You're tired by your thoughts  
then you need  
a silent song  
hold me tight  
I am happy  
that I met you  
now

I am not sure  
that I am there  
whenever you need me with you  
Stranger, who are you?  
I'm goin' to weave a rug for you  
come into my world  
and try  
to fly

But suddenly  
It's time to stay  
'cause you've found  
another home  
for your soul  
We're all strangers  
we'll be friends  
someday



*postman*  
music by Thomas Fellow

**Constanze Friend** vocals  
**Thomas Fellow** guitars and additional vocals

All music written by Friend N Fellow  
All arrangements by Thomas Fellow

Produced by Jannique and Friend N Fellow  
Executive producer: Thomas Fellow for  
DOCTOR HEART MUSIC

Recorded in winter 2018/2019 and spring 2019 at  
produktionwaldstrasse by Jannique

Mixed and Mastered by Jannique  
Cover photos by Ulrike Mönning  
Photos booklet by Ulrike Mönning, Constanze Friend (dandelion)  
Artwork by Ulrike Mönning  
Translation editing by Jayne Obst

Thomas Fellow plays a Yairi CY 62 Nylonstring Crossover Guitar,  
Collings 002HA Steelstring Guitar, Larrivee LSV 11 Steelstring  
Guitar and a Maarten van Guyse Classical Guitar (Postman and  
Solo on Stranger)

*Constanze would like to thank Abena, Benjamin, Veronika, Volker, André  
Thomas would like to thank his beloved family and his musical friends  
and collaborators*

*Friend N Fellow would like to thank  
Dr. Conny & Prof. Dr. Hubert Seggewiss, Jannique, Ulrike Mönning,  
Thomas Adapoe and our Crew of adapoe Event- und Studiotechnik, Jayne  
Obst, the Inakustik Team and Stephan Bormann*

*Warmest thanks to our wonderful and faithful audience*

[www.friendnfellow.com](http://www.friendnfellow.com)



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