



Speaking to the inspiration and lyrical meaning behind **"your permission"**, Tamar writes *"There are days, or even periods of my life when I just want to stop having to be me, and step outside of myself and be someone else...not have to deal with my usual anxieties, issues, and the obsessive thoughts in my head. Just the thought of not being in my head, even for just a day, seems so incredibly liberating! My thoughts can be quite intrusive and annoying and I suppose, it would be nice to experience not having to deal with being myself for a day or making any decisions. The title of the song "your permission" came to me as I thought about moments when I find myself apologizing for stating my opinion, needing something, or simply standing up for myself. My first instinct is always to apologize which I find myself doing sometimes... ultimately the title is ironic."*