

# Matt Nathanson

## Quotes

*Ex Boyfriend, Feelings, Break Up, Player, Healing, Song, Way, Spiritual, Kids, Party, Writing, Wife, Becoming One, Headphones, Talking, Stage, Would Be, Knows, Midst, Good Morning*

I know that human beings are better together than they are apart, as much as I fought that all my life.

~Matt Nathanson

Every day is the start of something beautiful.

~Matt Nathanson

Music for me is this thing that's sort of saved my life over the course of my whole life, whether it be writing songs or listening to other people's stuff.

~Matt Nathanson

It's amazing, the look in your eyes, like you could save me, but you won't even try

~Matt Nathanson

The only way I get back to my center is either by talking to my wife or by spending time by myself.

~Matt Nathanson

The thing that makes me feel most alive would be when I'm hanging out with my family and feeling my connection with them and feeling safe and content in that.

~Matt Nathanson

I just want my kid to not hate and to be a good human. That's what you try to do. You hope that they are the next evolution of your thing.

~Matt Nathanson

I think I feel vulnerable most of the time. I feel on guard. I've gotten pretty good at putting my fists down and kind of allowing the world to be, so that I don't feel threatened as much.

~Matt Nathanson

I have a strong desire to connect. And so when I don't get that, I leave that situation feeling particularly wounded.

~Matt Nathanson

I'll forget about you long enough to forget why I need to

~Matt Nathanson

Staying present and staying myself in the midst of others is important.

~Matt Nathanson

I like interacting with human beings, so being on stage feels like a larger version of that - kind of like throwing a party.

~Matt Nathanson

It's like a spiritual elevation that occurs when you're playing and becoming one with the instrument or players on the stage.

~Matt Nathanson

I would be heavenly if baby you'd just rescue me now

~Matt Nathanson

When I play, I open up. I'm in the heat of the performance and it's a healing thing. It's great!

~Matt Nathanson

When I was a kid I just had headphones on all the time, and it changed the way I see things and the way I interpret things.

~Matt Nathanson

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