

I wrote this song after a friend attended a music festival and told me about a discussion she had with a young man she had met. The discussion was about what people of 45+ need in life.

I wrote this song and let it untouched for a few weeks until I started to find the matching musical frame for it. This again took me a few weeks and several tries and errors. It finally became what it is now.

It is about what people need when they are in love at the age of 45+ and are already divorced or separated or lost their partner. I suppose many of people at the same age will understand..