I'm movin' too fast, the pace of things has got to change I never have time to think of words I want to say I look around me, I don't know who really knows What does it matter anyway? Sometimes I feel like I've got a heart made out of stone And somedays I feel so alone When nobody sees what's going on anymore If I could just know that someone's there One from the heart that's all it takes One to hold you, one who knows you One to one together One from the heart, one for each day One to lean on, one to keep on Keep on getting stronger the more I see your face It's never too late to get to where I want to go It's never too late to get to love someone All that I need is to be more than yesterday And all I can give along the way One from the heart that's all it takes One to hold you, one who knows you One to one together One from the heart, one for each day One to lean on, on to keep on The words you will remember The words you'll hear me say It's all about the love It's all about the give