

# Helena Beat

Foster the People

Sometimes life it takes you by the hand  
It puts you down before you know it  
It's gone and you're dead again  
I've been in places and I won't pretend  
That I make it I just  
Follow my head  
When it's strange to take a walk downstairs  
Sweep you all up on a corner  
And pay for my bread  
You know that I cannot believe my own truth  
To show what a truth  
Got nothing to lose

Yeah yeah and it's okay  
I tie my hands up to a chair  
So I don't fall that way  
Yeah yeah and I'm alright  
I took a sip of something poison  
But I'll hold on tight

You know those days when you wanted to choose  
To not get out of bed and  
Get lost in your head again  
You play the game but you gotta cut  
Cuz' you're coming down hard  
Your joints are off stud  
I tried to say that's not the only way  
I never knew if I could  
Convince myself to change  
You were pacing I was insecure  
Slip and fall I got the calls of the  
Prison I was living in

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