Life is like a roller coaster
It's up and down, it's over and over again
'Til it ends
The way I figure it, it's grist for the mill
A lesson you learn in every hard spill you take
There's no mistake

We're all diamonds in the rough
We'll all shine soon enough
Struggles in this life can make you strong
We waste the good times and the bad
But keep in mind that when you're sad
Those tears of joy and sorrow lead you home
Every drop of water shapes the stone

You wouldn't know it by lookin' at me now
Not long ago, I was down for the count and scared
Didn't think I had a prayer
But I found the strength to get over that mountain
It took a little time, but nobody's countin' anyway
So I'm here to say

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There's a masterpiece in every heart An ever changing work of art

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Life is kind of like a roller coaster Up and down, over and over again 'Til it ends