So damn easy to say that life's so hard
Everybody's got their share of battle scars
As for me, I'd like to thank my lucky stars
That I'm alive and well
It'd be easy to add up all the pain
And all the dreams you sat and watched go up in flames
Dwell on the wreckage as it smolders in the rain
But not me, I'm alive.

And today, you know, that's good enough for me Breathing in and out's a blessing, can't you see Today's the first day of the rest of my life And I'm alive and well.

Yeah, I'm alive and well.

Stars are dancin' on the water here tonight It's good for the soul and there's not a soul in sight This boat has caught it's wind and brought me back to life Now I'm alive and well.

And today, you know, that's good enough for me Breathing in and out's a blessing, can't you see Today's the first day of the rest of my life And I'm alive and well Yeah, I'm alive and well.