Everyday the population is growing
And to find some peace of mind is something rare
Don't you get discouraged, keep on going
And don't you mind the way that the people turn and stare
Now how long can you keep on feeling guilty
And tell me why should you feel bad about feeling good
Don't you know that the world is cold and filthy,
Aw yes it is, but if you're a special child

They know sometimes you'll be misunderstood, (you can never look back) Yesterday is dead and gone, (don't you look back) Your tomorrow is here today Keep on fighting, a quitter never wins, Hold your breath stick out your chin Count to ten, start again,

Everybody wants to be somebody
But they can't seem to see the forest for the trees,
We just can't let our past hold back our future, oh, no, no,
When its all over but the shouting
Nothing is left but memories,
Looks like you could use a little bit of happiness
Now I know that its really hard to find,
But you owe it to yourself to have the very best

And only a fool will try to catch up to what he has left behind, (you can ne ver look back)

No, no, 'cause yesterday is dead and gone, (don't you look back) Your tomorrow is here today

And when you're crying, you need someone to hold on to It's not the end of the world my friend, tip your hat, start again And keep a positive direction, oh, Keep your vision straight ahead

You can't lose with the stuff you use,
We've come too far just to turn around, oh, oh,
Don't you look back, yesterday is dead and gone (don't you look back)
Your tomorrow is on the way and if you're fighting people, a quitter never wins

Hold your breath, stick out your chin,
Count to ten, start again, don't you look back
No, no, uh, oh, (don't look back)
No 'cause we've come much too far
Just to turn around, uh, oh, oh, (repeat don't you look back)
Don't you look back now
Yesterday is dead and gone, don't you look back,
Your tomorrow is here today

And when you're crying, 'cause all your friends have forsaken you Its not the end of the world my friend,
Just tip your hat start again
Keep on steppin' y'all, don't look back,
Don't turn your head around
Get up, get out on the good foot,
Keep on fightin,' yeah, hold your breath

Stick out your chin, count to ten and start again, don't try it You got to keep on movin' y'all, Get, get, get up on the good foot