

Get a grip before you make me sick.
The things you say of low-self-esteem.
Life is hard and nothing is for free.
So swallow your pride and follow your dream.
Get a grip.
No pain.
No gain.
It's hard enough as it is.
Free your mind from all the stress that you give.
Get on your feet.
There is more you can achieve.
Hold your head up.
In yourself you must believe.
Hear my threnody.
Share my despair but.
Please leave me alone in my nightmare.
Wrong is in my dreams.
Deceit and illusion.
Life is what it seems.
You hear me wailing now
Get a grip before you make me sick.
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So swallow your pride and follow your dream.
Get a grip.
Don't you know that you're driving me up the wall.
You're so insecure.
That's why you feel so small.
But I know these times are hard.
Face up and you will see.
You must persevere 'cause you still mean a lot to me.
Hear my threnody.
Share my despair but.
Please leave me alone in my nightmare.
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So swallow your pride and follow your dream.
Get a grip.
Hold your head up high,
You don't give up.
You try.
Hold your head up high.
Actions speak louder than words!
I know life is hard.
You're struggling from the start.
I know life is hard.
Life is what you make of it.
Hear my threnody.
Share my despair but.
Please leave me alone in my nightmare.
Wrong is in my dreams.
Grip. Don't complain!

Life is what it seems.
Grip. Hold your pain!