

Tears are falling on your pillow  
And as the sun begins to rise  
Your dreams are fading into daybreak  
And sadness listens softly in your eyes  
You can't escape the sound of sorrow  
But listen hard and you will hear  
Birds are waking up the morning  
With songs to make your heart ache disappear  
Smile when you are lonely  
Even when it's harder to pretend  
Smile a little only knowing that your tears will have an end  
Sorridi e senti la luce  
come illumina la vita  
Smile and everything will turn out right  
We all have days that overwhelm us  
And we just feel like giving in  
But raise a smile and face the challenge  
As happiness can wash away the pain  
And if the walls should fall around you  
And you're hurting deep inside  
A smile will help to make the sunshine  
And you can leave the loneliness behind  
Smile when you are lonely  
Even when it's harder to pretend  
Smile a little only knowing that your tears will have an end  
Sorridi e senti la luce  
come illumina la vita  
Smile and everything will turn out right  
Sorridi e senti la luce  
come illumina la vita  
Smile and watch your troubles drift away  
Smile and you can face another day