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It is not easy
It is not easy
Looking from a window
At the edge of a house
At the edge of a town
It's grey like the day
When I lost it
Clouds overhead
I talked to a flower
That was almost dead
My body a prison
Why did I do it
Someone want me not to
But I still went through it
(Living it upside, you gotta remember, that happiness is an option)
It is not easy
But don't give up now
(So don't give up)
It is not easy
Happiness is an option
(But happiness is an option)
Needed somewhere to clear my head
Find some strength a warmer bed
Maximum love in a minimal world
I'd never achieved it
But then I believed it
So when I lost it - how
I'm not sure - now
It was a strange feeling
Like a law repealing itself
It is not easy
But don't give up now
(So don't give up)
It is not easy
Happiness is an option
(But happiness is an option)
It is not easy
But don't give up now
(So don't give up)
It is not easy
Happiness is an option
(Giving it up, if you are giving it up, if you are giving it up)
I can wake up in the morning
And not believe what I see
Look in a mirror and think
If that's really me
I don't think I suit my face
It's not a catastrophe
It's more a philosophy
Like the Russians wondering why
We're born under a blue sky
But die in a dark forest
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It is not easy
But don't give up now
(So don't give up)
It is not easy
Happiness is an option
(But happiness is an option)
It is not easy
But don't give up now
(So don't give up)
It is not easy
Happiness is an option
(But happiness is an option)

This is neither old nor new It's always forever Somewhere between sense And ambition Pleasure and decision We have to make a choice What do we want Everyone singing 'War, what is it good for?' While planning the next one

I don't need to win You don't have to loose We can choose Happiness is an option (You can choose)

It is not easy
But don't give up now
(So don't give up)
It is not easy
Happiness is an option
([Chris:] Happiness is an option)

It is not easy (No, it is not easy) The war within us (So war within us) (So don't give up) But it gets easier (But it gets easier) The more we learn (The more we learn) I don't need to win (I don't need to win) You don't have to loose (You don't have to loose) So don't give up We can choose Happiness is an option (Happiness is an option) ([Chris:] Happiness is an option)

It is not easy
(No, No, No, No, No, No, No, No, No)
But don't give up now
(Don't give up now)
(So don't give up)
It is not easy

(It is not easy)
Happiness is an option
(Happiness is an option)
(If you are giving it up, if you are giving it up)
You don't have to loose
(You don't have to loose)
(If you are giving it up, you gotta remember)
We can choose happiness is an option
(We can choose happiness is an option)