They'll build you up to knock you down
They'll do their best to try and run you out of town
Don't you show it don't mean nothing
You know that you can make it through

You think I'm crazy
But it's you that's gonna learn
You see me crash
But man it's you that's gonna burn

You gotta roll with the punches
You gotta get to what's real
You gotta take what they're giving
to get what you want
If you have to beg borrow or steal
You gotta roll with the punches
You'd better do what you can
You gotta roll with the punches
and pull yourself up
and fight just like a man

Just set your sights way upon high Feet on the ground while you're reaching for the sky Keep on pushing to the front line You know that you can make it through

You think I'm crazy but there's something you don't know Give as good as I get It don't matter if you're friend or foe

You gotta roll with the punches
You gotta get to what's real
You gotta take what they're giving
to get what you want
If you have to beg borrow or steal
You gotta roll with the punches
You'd better do what you can
You gotta roll with the punches
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You think I'm crazy
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You gotta roll with the punches You gotta get to what's real You gotta take what they're giving to get what you want If you have to beg borrow or steal You gotta roll with the punches You'd better do what you can You gotta roll with the punches and pull yourself up