

Good Thing

Robben Ford

Cover your senses
You cover your eyes
You cover your feelings
You tell yourself lies
It's not a good thing
To do to yourself

Your looking so lonely
Your looking too thin
I can see your depression settin' in
It's not a good thing
To do to yourself

I took a walk to the river, I watched the ships roll in
And I thought of you driftin' like you do
Nobody's gonna save you from that life
You lead but somebody's waiting

So open your heart babe, open your mind
Open your soul, yeah, leave the past behind
It'd be a good thing to do for yourself

I took a walk to the mountain, I watched the birds fly high
And I thought of you locked inside yourself
Nobody's gonna free you from that cage
Your in but somebody's waiting

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It'd be a good thing to do for yourself
It'd be a good thing