

## 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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And I thought of you locked inside yourself  
Nobody's gonna free you from that cage  
Your in 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  
It'd be a good thing