

It Ain't Easy

Three Dog Night

When you go up on the mountain top
And you look out across the sea
And you know there's another place perhaps
A young man can be
And you jump down to the rooftop
And you look out across the town
And you know there's a lot of strange things
Circulatin' round

But it ain't easy,
It ain't easy, it ain't easy
To go ahead when your going' down

Well, the people have their problems
But that ain't nothing new
Well the hope and understanding
Can bring you on through
Well it can bring you on through
It can take you to the end
And that, ooh, woman, she can bring you down again

But it ain't easy,
It ain't easy, it ain't easy
To go ahead when your going' down

Satisfaction, satisfaction, tell me who is satisfied
When she, ooh, she take it in
And she hold it deep inside
And she hold it in too deep
And she bite it with her teeth
And that, ooh woman, she can give you some relief

But it ain't easy,
It ain't easy, it ain't easy
To go ahead when your going' down

It ain't easy when you're goin' down