

## 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