Everybody knows, or has a story bout the first one Who taught them how to hurt, and led their hopes astray When its gone on quite enough and your sick of staying down

I know what you need, but you gotta live it like it sounds

When you lose what you love, live on live on When the road gets too rough, be strong, be strong What you can't understand, but you're starting to see it'll work in the end, you just got to believe And keep on, keep on Keep on keep on

I had my ideals, my plans so cut and dry I wouldn't settle for a thing And you can forget all compromise

But I was tackled like a wave, stormed on like the ground What once would never change, was slowly turning 'round

You can take it from me, there's so much you can be And it's all gonna change, whether it's you or them or me