# Help Yourself

## Julian Lennon

1, 2, 3, 4If you take a ride on a plane or a train
You know youre going somewhere but is it in vain
Oh tell me, please tell meCatch a staring glance at the man on the ground
Do you think his life has been lost or found
Please tell me, oh tell meIs anybody out there?
Can you find it in your hearts to care?
Do you find it the same?In your life, you must help yourself
If you dont, there will be no one else
Youve got to save yourself
You know, you knowIf you want the apple of your eye
Youve gotta make a move, give it one more try
Then savor the flavorGot to get up, got to feel the day
Make a strong move, make it all go your way
Baby, not just maybeIs anybody out there?
Can you find it in your hearts to care?
Do you find it the same?In your life, you must help yourself
If you dont, there will be no one else
Youve got to save yourself
You know, you knowIs anybody out there?
Can you find it in your hearts to care?
Do you find it the same?In your life, you must help yourself
If you dont, there will be no one else
Youve got to save yourself
You know, you know

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