

# Helena Beat

## Foster The People

Sometimes life it takes you by the hair, pulls you down  
Before you know it, it's gone and you're dead again  
I've been in places and I wont pretend  
Yeah I'd make it out just to fall on my head  
Wake up strange and take the walk downstairs  
Hit the pawn up on the corner and pay for my rent  
You know that I could not believe my own truth  
Just show them what I choose, got nothing to lose  
Yeah yeah and it's O.K.  
I tie my hands up to a chair so I don't fall that way

Yeah yeah and I'm alright  
I took a sip of something poison but I'll hold on tight  
You know those days when you want to just choose  
To not get out of bed, you're lost in your head again  
You play the game but you kind of cut  
'cause you're coming down hard and your joints are all stuck  
I've tried to say that it's not the only way  
I never knew if I could face myself to change  
You were pacing, I was insecure  
Slip and fall, I'm dodging calls, hug the prison I've been living in

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