

# Flesh And Bone

Shontelle

Yeah, listen carefully  
Listen to these words  
Baby take a minute let me sit you down  
Been waiting for the time and the time is now  
I think you should decide where you wanna be  
Running in the streets or living here with me  
Baby take a step back and look around  
Gonna run yourself like you do the ground  
You're not invincible and the fact is  
Nothing's guaranteed but the darn taxes  
[Incomprehensible]Boy you better listen for you're all alone  
When the money's spent and all your friends are gone  
Then you're gonna realize you're only flesh and bone, flesh and bone  
Then you're gonna realize you're only flesh and bone  
Hear me now  
Look into my eyes and tell me what you see  
Is there any hope that you could ever be  
More than just a fish in the sea?  
'Cause baby after all if you get cut you're gonna bleed  
Try to understand what I'm telling you  
This is not a game don't you play the fool  
I'm begging won't you hear my plea?  
This is not a theory it's reality  
[Incomprehensible]Boy you better listen for you're all alone  
When the money's spent and all your friends are gone  
Then you're gonna realize you're only flesh and bone, flesh and bone  
Then you're gonna realize you're only flesh and bone  
Then you're gonna realize  
Living in this cold world never easy  
Life ain't no sweet bread, that's what my momma told me  
I'm getting wise and now I see what she mean  
You need to settle down and stop living so extreme  
I'm your woman and you know I'll always love you  
I'll never do a single thing to exploit you  
Life is so precious never take it for granted  
How can I make you understand this baby?  
[Incomprehensible]Boy you better listen for you're all alone  
When the money's spent and all your friends are gone  
Then you're gonna realize you're only flesh and bone, flesh and bone

Then you're gonna realize you're only flesh and bone  
You're only flesh and bone, flesh and bone, flesh and bone  
When you're in, when you're out  
Boy you're gonna learn what it's all about  
When you're up, when you're down  
Who be there to lift you off the ground now?  
When you're high, when you're low  
One thing in life you're surely gonna know  
Easy come, easy go  
In the end you're only flesh and bone  
[Incomprehensible]Boy, you better listen for you're all alone  
When the money's spent and all your friends are gone  
Then you're gonna realize you're only flesh and bone, flesh and bone  
Then you're gonna realize you're only flesh and bone

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