

# Help!

## Howie Day

Advisory - the following lyrics contain explicit language:

I need somebody not just anybody, help  
You know I need someoneWhen I was younger, so much younger than today  
I never needed anybody's help in any way  
And now these days are gone I'm not so self assured  
Now I find I've changed my mind, I've opened up the doorsHelp me if you can, I'm feeling down  
And I do appreciate you being 'round  
Help me get my feet back on the ground  
Won't you please, please help meAnd now my life has changed in oh, so many ways  
My independence seems to vanish in the haze  
But every now and then I feel so insecure  
I know that I just need you like I've never done beforeHelp me if you can, I'm feeling down  
And I do appreciate you being 'round  
Help me get my feet back on the ground  
Won't you please, please help me, help meWhen I was younger, so much younger than today  
I never needed anybody's help in any way  
And now these days are gone I'm not so self assured  
Now I find I've changed my mind I've opened up the doorsHelp me if you can, I'm feeling down  
And I do appreciate you being 'round  
Help me get my feet back on the ground  
Won't you please, please help me, help me  
Won't you please, please help me, help me

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