

Good Woman Down

Mary J. Blige

In my life I've seen it all and now it's time
For me to pass on this knowledge to you
All my sisters my troubled sisters
This is my gift to you Been many days couldn't take the pain
Felt I should take my life away
See it everyday in every other young sisters' face See 'em cryin' out, oh my, full of doubt
Runnin' in the streets no self esteem
Thinkin' that used to be me what a shame? And life is a mutha, it's hard to sit back and see
The same thing that happened to me happen to you
This ain't love but here's the love I wanna give to you It doesn't matter what they say or do don't let 'em get to
you
Don't be afraid you can, you can breakthrough
Take what I've been through to see that
You can't hold a good woman down Went through the same point of givin' up
I felt like I had enough went to the edge of the ledge
But I didn't jump my life will sum it up
You can't hold a good woman down When I used to see my daddy beat
My mother down, down to her feet
I used to say that ain't gon' never be me Now look at you bruised up from him
Girl recognize you're better than him tellin' you
That he'll never hit you again, girl don't cry And life is a mutha, it's hard to sit back and see
The same thing that happened to me happen to you
This ain't love but here's the love I wanna give to you It doesn't matter what they say or do don't let 'em get to
you
Don't be afraid you can, you can breakthrough
Take what I've been through to see that
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I felt like I had enough went to the edge of the ledge
But I didn't jump my life will sum it up
You can't hold a good woman down Through your changes I will hold your hand
Use my songs as remedy
Whenever you're feelin' down or blue
I'll be there for you Trust and know that I've been where you're at
Seen the things that you can see
Lookin' at you resembles me
But you gotta hold your own It doesn't matter what they say or do don't let 'em get to you
Don't be afraid you can, you can breakthrough
Take what I've been through to see that
You can't hold a good woman down Went through the same point of givin' up

I felt like I had enough went to the edge of the ledge
But I didn't jump my life will sum it up
You can't hold a good woman down You can't hold me, you can't hold me down
You can't hold me, you can't hold me down
You can't hold me, you can't hold a good woman down
You can't hold me down, can't hold me down, no no no There you have it, I'm still with you my sisters
My troubled sisters, I still have troubles, too
You're not alone, I'll always be there for you, rock on You can't hold a good woman down

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