

# Just Stand Up!

MIM

Everything'll be alright again  
Alright again, alright again  
The heart is stronger than you think  
Like it could go through anything  
And even when you think it can't  
It finds a way to still push on though  
Sometimes you wanna to run away  
Ain't got the patience for the pain  
And if you don't believe it look into your heart  
The beat goes on  
I'm tellin' you things get better through whatever  
If you fall, dust it off, don't let up  
Don't you know you can go be your own miracle  
You need to know!  
If the mind keeps thinking you've had enough  
But the heart keeps telling you 'don't give up'  
Who are we to be questioning, wondering what is what?  
Don't give up, through it all, just stand up  
Ooh, it's like we all had better days  
Problems getting all up in your face  
Just because you go through it  
Don't mean it gotta take control, no  
You ain't gotta find no hiding place  
Because the heart can beat the hate  
Don't wanna let the mind keep playing you  
Saying you can't go on  
I'm tellin' you things get better through whatever  
If you fall, dust it off, don't let up  
Don't you know you can go be your own miracle  
You need to know!  
If the mind keeps thinking you've had enough  
But the heart keeps telling you 'don't give up'  
Who are we to be questioning, wondering what is what?  
Don't give up, through it all, just stand up  
Through it all, just stand up  
You don't gotta be a prisoner in your mind  
If you fall, dust it off, you can live your life  
Yeah, let your heart be your guide  
Yeah yeah yeah

You will know there's a good if you trust the good  
Everything will be alright, yeah  
Light up the dark, if you follow your heart  
And it will get better through whatever  
If the mind keeps thinking you've had enough  
But the heart keeps telling you 'don't give up'  
Who are we to be questioning, wondering what is what?  
Don't give up, through it all, just stand up  
If the mind keeps thinking you've had enough  
But the heart keeps telling you 'don't give up'  
Who are we to be questioning, wondering what is what?  
Don't give up, through it all, just stand up  
You got it in you, find it within  
You got in now, find it within now  
You got in you, find it within  
You got in now, find it within now  
You got in you, find it within  
You got in now, find it within now  
Find it within you, find it within  
Through it all, just stand up

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