

## **Carbon/Silicon**

# **"Be Good To Yourself"**

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Be good to yourself  
After all  
We ain't got nobody else  
Be good to yourself  
After all  
We ain't got nobody else

Take a while  
Crack another smile  
Tell another joke  
Remember all the good things  
Give yourself a treat  
Give yourself a laugh  
Look at all your friends  
Tell them that you care

You gotta  
Be good to yourself  
After all  
We ain't got nobody else  
One time  
Be good to yourself  
After all  
We ain't got nobody else

I wanna say, make a sunny day  
Make the blues go away  
Yeah, be good to yourself  
I wanna say, make a sunny day  
Make the blues go away  
Yeah, be good to yourself

Once in a while, take the time  
Just to be good to yourself  
Take the time, real time  
Ask yourself what you need  
Make yourself feel great  
Once in a while  
Change the day  
Make the blues go away

You gotta

Be good to yourself  
After all  
We ain't got nobody else  
Be good to yourself  
After all  
We ain't got nobody else

Coming down the line  
The trees, the sunshine  
Nature, even friends, families  
That feeling  
That anything is possible  
For everyone on this earth

You gotta  
Be good to yourself  
After all  
We ain't got nobody else  
One time  
Be good to yourself  
After all  
We ain't got nobody else

Take some time, take an hour off  
Take a little time  
Be good to yourself  
Just a bit of spoiling  
Makes your heart go round  
Be good to yourself

Take some time  
To actually look at ourselves  
Our feeling's not  
For someone else outside  
To help to make us feel good  
But just ourselves

You gotta  
Be good to yourself  
After all  
We ain't got nobody else  
One time  
Be good to yourself  
After all  
We ain't got nobody else

Time, take a little time  
Time, be good to yourself

You gotta  
Be good to yourself

After all  
We ain't got nobody else  
One time  
Be good to yourself  
After all  
We ain't got nobody else  
Play the guitar

Be good to yourself  
After all  
We ain't got nobody else  
One time  
Be good to yourself  
After all  
We ain't got nobody else

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