

Dionne Farris

"Food For Thought"

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Faced with a challenge of finding right and wrong
In a brand new world that recognizes none, yeah
It's hard for me to believe in all my travels
I'm the only one, the only one

Using food for thought and thought for food
All I have is my attitude, the hour glass, my ever
changing moods
Using food for thought and thought for food
All I have is my attitude, the hour glass, my ever
changing moods

Faced with a challenge of doing all the novel talk
Wondering how to pay for the, the things my mouth has
bought
Yeah yeah, yeah yeah
Wanting to say the right things whenever I talk
I changed the way I stood and the way I walked, yeah
yeah

Using food for thought and thought for food
All I have is my attitude, the hour glass, ho, my ever
changing moods
Using food for thought and thought for food
All I have is my ever changing moods, the hour glass
My ever changing attitude

Lord, hey
Yeah yeah yeah yeah
Lord, help me find my way
Help me find my way
So that I may go forward
And lead the way

Want to lose the negative but all I lose is time
There's a constant battle going on
The chained heart and mind, who's winning?
Faced with a challenge of knowing right from wrong
Having no preference or allegiance to either one, hoo

Using food for thought and thought for food
All I have is my attitude, the hour glass, my ever

changing moods
Using food for thought and thought for food
All I have is my ever changing moods, the hour glass
My ever changing attitude

Ooh hoo
Yeah yeah yeah yeah yeah
Wondering am I the only one?
Am I the only one?
Am I the only one?
Am I the only, only, only, only, only one?

Using food for a thought
All I lose is time
All I lose is time, all I lose is time, all I lose
All I lose is time

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