

## Joe Pug

### "Jumpback"

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Work yourself ragged work your fingers right down to  
the bone

Daily problems keep you living in the twilight zone  
And in the future dead end signs is all you see  
You need to stop before you lose your dignity

And jumpback and pull yourself together  
Jumpback and take a deep breath  
Jumpback reassess the situation  
Got to relax before you work yourself to death  
Jumpback

You save your pennies but your pennies they don't go  
to far  
They want to come and take away your home your only  
car  
Don't treat you like a person treat you like a piece of  
meat  
In a pressure cooker it's hard to take the heat

And jumpback and pull yourself together  
Jumpback and take a deep breath  
Jumpback reassess the situation  
Got to relax before you work yourself to death  
Jumpback

You used to be a happy person almost all the time  
Responsibility was never ever on your mind  
Now there's so many you're feeling like you're losing  
You better stop before you have a heart attack

And jumpback and pull yourself together  
Jumpback and take a deep breath  
Jumpback reassess the situation  
Got to relax before you work yourself to death  
Jumpback

You made your bed now you just don't want to lay in it  
If you do nothing you'll grow prematurely gray in it  
You need to break out of this everyday routine you're in  
Can't let the things you can't control get underneath

your skin

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