

Julian Lennon

"Help Yourself"

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If you take a ride on a plane or a train
You know you're going somewhere but is it in vain
Oh tell me, please tell me

Catch a staring glance at the man on the ground
Do you think his life has been lost or found
Please tell me, oh tell me

Is anybody out there?
Can you find it in your hearts to care?
Do you find it the same?

In your life, you must help yourself
If you don't, there will be no one else
You've got to save yourself
You know, you know

If you want the apple of your eye
You've gotta make a move, give it one more try
Then savor the flavor

Got to get up, got to feel the day
Make a strong move, make it all go your way
Baby, not just maybe

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