

Foster The People "Helena Beat"

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Sometimes life it takes you by the hand.
It puts you down before you know it
It's gone and you're dead again.
I've been in places and I won't pretend
That I make it I just follow my head.
When it's strange to take a walk downstairs
Sweep u all up on a corner and pay for my bread.
You know that I cannot believe my own truth
To show what a truth, it's got nothing to lose.

Yeah yeah and it's okay.
I tie my hands up to a chair so I don't fall that way.
Yeah yeah and I'm alright.
I took a sip of something poison but I'll hold on tight.

You know those days when you wanted to choose

To not get out of bed and get lost in your head again.
You play the game but you gotta cut
Cuz' you're coming down hard your joints are off stud.
I tried to say that's not the only way
I never knew if I could convince myself to change.
You were pacing I was insecure.
Slip and fall I got the calls of the prison I was living in.

Yeah yeah and it's okay.
I tie my hands up to a chair so I don't fall that way.
Yeah yeah and I'm alright.
I took a sip of something poison but I'll hold on tight.

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