

## The Roots "I Can't Help It"

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I, I, I can't help it, I, I, I can't help it  
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Live with it, that's how I survive with it  
Talk jive with it, you take a dive with it  
Connive with it, depart and arrive with it  
Harsh thrive, that's why it's part I with it

I did it, make rhymes in five minutes  
Mind of a Dennis, crimes of a menace  
Press rewind, see what you find in my image  
Take you niggas back to the line of the scrimmage

?Riq, you know we pull a freak with the flow  
Talk's cheap that's why we speak with the dough  
Ill technique show I'm sleek with the flow  
It's cold outside, nigga, sleep with the snow

I tweek in the low tone, freak with the ozone  
I can't help hiding my secrets they're so known  
I only do what I got to 'cause it's possible  
And climbin' over whatever's known as an obstacle

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Ugh, I can't help it, maybe I'm selfish  
Maybe the way I'm runnin' is becomin' a health risk  
All I can see is smoke through tortoise shell  
Gazelle 650's, I'm feelin' like I'm makin' a sales pitch

My head already so heavy, it's makin' the scales tip

I got my own pressure and got everyone else's  
I'm rehabilitated, still feelin' rebellious  
Candidate of heart failure, more pills than Elvis

In a layer cake, half-chocolate, half-velvet  
I'm listenin' to some Howe Melvin  
I got too many options, there's so many toxins  
Yo, ain't no really tellin' what we killin' ourselves with

I lit a cigarette and inhaled it  
I'm thinkin' of some rhymes more iller than a  
threatening ailment  
I'm on some bomb threat in the mail shit  
Because of all the things I dealt with, nigga, I can't help  
it

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I never said I'm ready to die, but I accept it  
Never said I'm ready for war but I'm protected  
I don't even know when it's comin' but I expect it  
Lost all semblance of hope, so now I'm left with

Nervous conditions, addictions, in addition  
To vixens that mixed in with the wrong crowd  
My life is on a flight that's goin' down  
My mother had an abortion for the wrong child

Well, the time I felt love that's gone now  
Been replaced by purple rains and some storm clouds  
Misery love misery  
So why make friends, let's make some enemies

And now, I got a habit that wasn't meant for me  
Now, I'm in a marriage that wasn't meant to be  
One more reason to change identity  
The cars, the crime, K's, penalties

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