(music arcwelder/words w. graber & s. macdonald) Take down And now take along What you can't now And sorens eyes Good for value prize Where's your head now 40 times Maybe 50 times Where's your heart now Compromise If you can find the time Where's your pride now When I walk out the door it'll be a sunny day And the breeze floating by blowing worries away From my mind I feel fine Come around all of the fear and the paranoia Maybe half a pound all of the stress is unhealthy for ya Where's the sky now all of the pain and the aggravation All of the grind and the desperation Cut it down til you feel proud if you want heat you should star t a fire Where's your thoughts now if you want hope you should fuel desi If you want help you should try to find it Hit it and quit forget the pride that you leave behind it While we still can And we'll end pound Hit it and quit it While we still can And we'll end pound