

Little change of the heart
Little light in the dark
Little hope that you just might find
Your way up out of here
'Cause you've been hiding for days
Wasted and wasting away
But I got a little hope today
You'll face your fears

Yeah, I know it's not easy
I know that it's hard
Follow the lights to the city

Get up and go
Take a chance and be strong
Or you could spend your whole life holding on
Don't look back; just go
Take a breath, move along
Or you could spend your whole life holding on
You could spend your whole life holding on

Believe the tunnel can end
Believe your body can mend
Yeah, I know you can make it through
'Cause I believe in you
So let's go put up a fight
Let's go make everything all right
Go on take a shot
Go give it all you got

Oh, yeah, I know it's not easy
I know that it's hard
No, it's not always pretty

Get up and go
Take a chance and be strong
Or you could spend your whole life holding on
Don't look back; just go
Take a breath, move along
Or you could spend your whole life holding on
You could spend your whole life holding on

Don't wanna wake up to the telephone ring
Are you sitting down?
I need to tell you something
Enough is enough
You can stop waiting to breathe
And don't wait up for me

Get up and go
Take a chance and be strong
Or you could spend your whole life holding on
Don't look back; just go
Take a breath, move along
Or you could spend your whole life holding on

Get up and go

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You could spend your whole life holding on
Don't spend your whole life holding on