

## Helping Hand

Foghat

Been ignored and I been abused,  
Been mistreated and I've been misused,  
Been discouraged and turned aside,  
Overloaded when my hand's are tied.  
That's the time, when I need a hand  
A helping hand, I need a helping hand.

Things I do are criticized,  
Ripped to pieces and analyzed,  
I tell the truth and they call me a liar,  
Exaggerator and a magnifier.  
That's the time, I need a hand  
A helping hand, I need a helping hand  
Yea!

There were times when I lived alone,  
Lock the doors, disconnect the phone.  
I warn everybody, tell 'em not to call,  
Complete isolation, I need most of all.  
But after awhile I need some company,  
I tell my friends, come see about me.  
That's the time, when I need a hand  
A helping hand, I need a helping hand

Need a helping hand, I need a helping hand,  
Need a helping hand, I need a helping hand,  
I need somebody to stand by me,  
I need somebody to stand by me,  
Whoa yea

I need a hand, I need a helping hand,  
I need a hand, I need a helping hand,  
I need somebody, I need somebody,  
I need somebody, hey to stand by my me