She is the one next to me when I wake up in the morning
She is the one who listens even though I know i'm boring
When I'm awake when I'm away
She is the one who knows whats going on before i say
I am the one who ruins everything before its started
And everyone's a nice guy you could trust them so good hearted
It gets me low, when I'm alone
I am the one who's blowing all he's got so get me some

And it's no better and it's no good
I just don't shape up like I should
And it's no better and its ok
For every body in every way
And it's no better and it's no good
I just don't shape up like I should
Preservation, the only way
For everybody and everyone
I don't need no body, cause I am the one

I am the one

I am the punk who thinks that getting drunk is conversation I'll talk about the duplicate, it ends the complication I change my ways, just for today Right now, I need to run, I need to get away

And it's no better and it's no good
I just don't shape up like I should
And it's no better and its ok
For every body in every way
And it's no better and it's no good
I just don't shape up like I should
Preservation, the only way
For everybody and everyone
I don't need no body, cause I am the one

In the same old situation, make the most of the occasion And I feel as lame as anyone
There's no answer to it and they can't prove it
And I feel the same as anyone, as anyone

And it's no better and it's no good
I just don't shape up like I should
And it's no better and its ok
For every body in every way
And it's no better and it's no good
I just don't shape up like I should
Preservation, the only way
For everybody and everyone
For everybody and everyone
For everybody and everyone
I don't need no body, cause I am the one