

## Back Back Back

Ani DiFranco

Back back back in the back of your mind  
Are you learning an angry language,  
Tell me boy boy boy are you tending to your joy  
Or are you just letting it vanquish  
Back back back in the dark of your mind  
Where the eyes of your demons are gleamin  
Are you mad mad mad  
About the life you never had  
Even when you are dreaming.

Who are these old old people  
In these nursing homes  
Scowling away at nothing  
Like big rag dolls just cursing at the walls  
And pulling out all of their stuffing  
Every day is a door leading back to the core  
Yes, old age will distill you  
And if you're this this this full of bitterness now  
Some day it will just fill you

When you sit right down in the middle of yourself  
You're gonna wanna have a comfortable chair  
So renovate your soul before you get too old  
Cuz you're gonna be housebound there  
When you're old you fold up like an envelope  
And you mail yourself right inside  
And there's nowhere to go  
Except out real slow  
Are you ready, boy, for that ride?

Your arrogance is gaining on you  
And so is eternity  
You better practice happiness  
You better practice humility  
You took the air, you took the time  
You were fed and you were free  
Now you'd better put some beauty back  
While you got the energy  
You'd better put some beauty back, boy  
While you got the energy