

## Speed of Pain

The Doobie Brothers

My friend Manny would always say  
"I only learn anything at the speed of pain"  
How looking back, he had no regrets  
No doubt they're still some hard lessons  
But what I think he meant

Not till all is lost  
Is there something to be gained  
From the lessons learned  
At the speed of pain

Let the hard rain fall, let the cold winds blow  
Somewhere between where I'm standing and where I wanna go  
My best thinking is all I've ever known  
Now I'm left here looking back  
On that long and winding road

Whereafter all is lost  
There's still something to be gained  
From the lessons learned  
At the speed of pain

All the angels, all the saints  
Cannot help you now  
You think you know yourself  
You think you know your truth  
Till it breaks you down

But not till all is lost  
Is there something to be gained  
From the lessons learned  
At the speed of pain

When all the will power in the universe  
Still won't get you through  
As good a time as any  
To find your version of God  
Just as long as it ain't you

After all is lost  
Is there something to be gained  
From the lessons learned  
At the speed of pain?

From the lessons learned  
At the speed of pain  
The speed of pain  
No, no  
Speed of pain