

# Helena Beat

## Foster the People

**Em D**  
Sometimes life it takes you by the hand  
**C D**  
It puts you down before you know it  
**G D**  
It's gone and you're dead again  
**Em D**  
I've been in places and I won't pretend  
**C D**  
That I make it I just  
**G D Em**  
Follow my head  
**Em D**  
When it's strange to take a walk downstairs  
**C D**  
Sweep you all up on a corner  
**G D**  
And pay for my bread  
**Em D**  
You know that I cannot believe my own truth  
**C D**  
To show what a truth  
**G D Em**  
Got nothing to lose

**Em D**  
Yeah yeah and it's okay  
**C D**  
I tie my hands up to a chair  
**G D**  
So I don't fall that way  
**Em D**  
Yeah yeah and I'm alright  
**C D**  
I took a sip of something poison  
**G D Em**  
But I'll hold on tight

You know those days when you wanted to choose  
To not get out of bed and  
Get lost in your head again  
You play the game but you gotta cut  
Cuz' you're coming down hard  
Your joints are off stud  
I tried to say that's not the only way  
I never knew if I could  
Convince myself to change  
You were pacing I was insecure  
Slip and fall I got the calls of the  
Prison I was living in

Yeah yeah and it's okay  
I tie my hands up to a chair  
So I don't fall that way  
Yeah yeah and I'm alright  
I took a sip of something poison  
But I'll hold on tight

