Stress
Sunshine, geyeah

I sold it all from crack to o-pium, in third person I don't wanna see em, so I'm rehearsin with my peoples high to GM, from a remote lo-cation in the BM, scopin the whole situation like, "Dayamm!" Metamorphic, as the dope turns to cre-am but one of these buyers got eyes like a Korean It's difficult to read em, the windows to his soul are half closed, I put the key in Pulled off slow, hopin my people flee-in Chink tried to knock the only link that tied me in Coppers was watchin us through nighttime binoculars This time they got us on tape, exchangin dope for dollars Make me wanna, holler back at the crib in the sauna Prayin my people bailed out like Time/Warner Awaitin call, from his kin not the coroner Phone in my hand, nervous confined to a corner Beads of sweat second thoughts on my mind How can I ease the stress and learn to live with these regrets This time... stress... givin this shit up... fuck

[Chorus One:]

This is the number one rule for your set
In order to survive, gotta learn to live with regrets
On the, rise to the top, many drop, don't forget
In order to survive, gotta learn to live with regrets
This is the number one rule for your set
In order to survive, gotta learn to live with regrets
And through our travels we get seperated, never forget
In order to survive, gotta learn to live with regrets

As sure as this, Earth is turning souls burning in search of higher learning turning in every direction seeking direction My moms cryin cause her insides are dyin her son tryin her patience, keep her heart racin A million beats a minute, I know I push you to your limit but it's this game love, I'm caught up all in it They make it so you can't prevent it, never give it you gotta take it, can't fake it I keep it authentic My hand got this pistol shakin, cause I sense danger like Camp Crystal Lake and don't wanna shoot him, but I got him, trapped within this infrared dot, bout to hot him and, hit rock bottom No answers to these trick questions, no time shit stressin My life found I got ta live for the right now Time waits for no man, can't turn back the hands once it's too late, gotta learn to live with regrets

[Chorus Two:]

You used to hold me, told me that I was the best
Anything in this world I want I could posess
All that made me want is all that I could get
In order to survive, gotta learn to live with regrets... (when I was young)

[repeat 2X]

I found myself reminiscin, remember this one when he was here he was crazy nice with his son I miss him, long as I'm livin he's livin through memories He's there to kill all my suicidal tendencies In heaven lookin over me, or in hell, keepin it cozy I'm comin life on these streets ain't what it's supposed to be Remember Newton, mutual friend well me and him feudin On your life I tried to talk to him But you know niggaz, think they guns can stop foe niggaz Frontin like they're, Big Willie but really old niggaz Hoe niggaz, this year I'm sho' niggaz think I'm slippin I'm bought to send you a roommate, no bullshittin for my hustle's goin too well to hit him You was right niggaz want you to be miserable wit em Anyway, I ain't tryin to hear it, I think I'm touched this whole verse I been talkin to your spirit, a little too much

[Chorus One: repeat 2X]

Roc-A, Roc-A, Roc-A-Fella y'all