

## Help Yourself

Julian Lennon

If you take a ride on a plane or a train  
You know you're going somewhere  
But is it in vain  
Oh tell me  
Please tell me  
Catch a staring glance at the man on the ground  
Do you think his life has been lost or found  
Please tell me  
Oh tell me

Is anybody out there  
Can you find it in your heart to care  
Do you find it the same

In your life, you must help yourself  
If you don't  
There will be no one else  
You've got to save yourself, you know, you know

If you want the apple of your eye  
You've gotta make a move  
Give it one more try  
Then savor the flavor

Got to get up, got to feel the day  
Make a strong move  
Make it all go your way  
Baby, not just maybe

Is anybody out there  
Can you find it in your heart to care  
Do you find it the same

In your life, you must help yourself  
If you don't  
There will be no one else  
You've got to save yourself, you know, you know