

## Help Myself

Maggie Rose

I diagnose myself with the internet  
Minor aches and pains, death is imminent  
I think this twitch in my eye might be permanent  
You got a cure for it? I need a cure for it  
I buy self-help books and call it therapy  
Found a quote that calm your anxiety  
If you can find the time, read it back to me  
Might be what I need, might be the one I need

You should try a hypnotist  
See a guru  
Gotta do this new cleanse  
That shit's voodoo

Maybe we're all just out of minds  
One step away from fine and dandy  
Pills and candy  
Gotta cut straight to the happy ending  
Maybe we're all just out of our heads  
Despite what the experts said  
I'm only here to help  
I just can't help myself

My kryptonite is comparison  
But I take it every day like it's medicine  
I wash it all down with the state I'm in  
To keep it genuine, what's that again

Journaling every day  
And meditating  
I've been waiting  
Why am I not levitating

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One step away from fine and dandy  
Pills and candy  
Gotta cut straight to the happy ending  
Maybe we're all just out of our heads  
Despite what the experts said  
I'm only here to help  
I just can't help myself, ooh  
I can't help myself

No secret, not a breakthrough  
Sometime's life's hard  
That's all good too

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Pills and candy  
Gotta cut straight to the happy ending  
Maybe we're all just out of our heads  
Despite what the experts said  
I'm only here to help  
I just can't help myself  
I can't help myself...

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