

Happiness 4 Dummies

Royal & The Serpent

I'm self-helpless, I skip breakfast
I get jealous, I'm not independent
I'm selfish, obsessive, expensive, possessive
My checklist of issues is endless

Where's my reference, self-acceptance?
It's not supposed to be this hard
Does anyone know where to start?

I need happiness for dummies
Someone teach me how to love me
Swear to god, I'm really tryin'
Where the hell's my silver lining?
In my head, it's pretty ugly

I need happiness for dummies
I need happiness for dummies
I need, I need

Affirmations, meditations
Therapy, and finding patience
Learning, observing, I think I'm deserving
So, tell me why none of it's working

Where's my breakthrough? Well overdue
It's not supposed to be this hard
Does anyone know where to start?

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I need happiness for dummies (I need, I need happiness)
I need happiness for dummies (I need, I need)
(I need happiness for dummies) dummies
I need happiness for dummies, yeah
I need happiness for dummies