

## Jump For Joy

The Jacksons

People have misunderstandings  
Of what life is all about  
They put values on the wrong things  
And in happiness they lose out

Cause being happy's a feeling  
It's all a frame of mind  
And every moment you feel sad and blue  
You could be having a real good time

Why don't you jump for joy and be happy  
Why don't you jump for joy and be glad  
If you just try it, you'll feel better  
And have the best time you've ever had

There is no sense in worrying  
Cause that won't solve a thing  
Chances are whatever's worrying you  
Is not as bad as it seems

Being down won't last forever  
Cause nothing stays the same  
You will will have a bright tomorrow  
There's always sunshine after rain

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