

# Sandy Denny, Pleasure Pain

Chorus

Pleasure and pain is like profit and gain  
Sometimes you win and sometimes you lose  
Be kind to yourself when you're tired of yourself  
Don't go mixing the reds along with the blues  
The coach that I ride has a horseman who's tired  
The reins to his hands they are tied  
The one to alight, if he's lucky, he might  
Learn to slow down and drift with the tide

(chorus)

It's ever so low when there's nowhere to go

And your spirit lies close to the ground  
Take a long look behind, I'm sure you'll find  
A friend there who'll help pull you round

(chorus)

You have to agree, it's not easy to see  
A sheep underneath all that fleece  
If you'll take my advice, stick with people you like  
It's a big world, you're only one piece

(chorus)