

# The Nitty Gritty Dirt Band, It's A New Day

Sleep deprived, an' fallin' apart.  
Starin' down your demons out there in the dark.  
At the end of the tunnel, you can see a light:  
Well, if that ain't a train, you made it through the night.

An' it's a new day in the mornin':  
Anythin' is possible, it's all good.  
For brief shinin' moment,  
Everythin' is wonderful,  
Knock on wood.  
Knock on wood.

Well, you get knocked down an' you get back up.  
You get knocked down again; well, it's just your luck, hah.  
It's just one of those years, that you gotta get through.  
An' then you wake up an' find, it made a man outta you.

It's a new day in the mornin':  
Anythin' is possible an' it's all good.  
For brief shinin' moment,  
Everythin' is wonderful,  
Knock on wood.  
Knock on wood.

It's a little humblin' down on your knees.  
Ah, but if you say: "Please."

An' it's a new day in the mornin':  
An' anythin' is possible an' it's all good. (It's all good.)  
For brief shinin' moment,  
Everythin' is wonderful,  
Knock on wood.  
Knock on wood.