

Helen Reddy, Best Friend

Would you take better care of yourself
Would you be kinder to yourself
Would you be more forgiving of your human imperfections
If you realized your best friend was yourself

Who is always with you everywhere
Who is on your side when others are unfair
And tell me, who will never let you down in any situation
Who will always see you get your share

And that's why I am a best friend to myself
And I take me up whenever I feel low
And I make my life as happy as a best friend would
I'm as nice to me as anyone I know

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