

Robben Ford, Good Thing

You cover your senses
You cover your eyes
You tell your self lies
It's not a good thing to do to yourself

Your looking so lonely
Your looking too thin
I can see your depression, see it settin in
It's not a good thing to do to yourself

I took a walk to the river, I watched the ships roll in and I thought of you driftin' like you do
Nobody's gonna save you from that life you lead but some body's waiting
So open your heart babe, open your mind and open your soul, yeah
Leave the past behind, it'd be a good thing to do for yourself

I took a walk to the mountain
I watched the birds fly high and I thought of you locked inside yourself
Nobody's gonna free you from that cage your in but some body's waiting