

Time

The body will heal itself, given the Time

The hard part comes when you deal with the mind.

Look at the bad Times, keep them right there

The goal you want, you don't have to fight fair.

Use all of the tricks to make it easier on you

This thing that you want, not easy to do.

The rewards are out there, waiting down the line

You'll start to receive them, it only takes Time.

A day at a Time is the only way to go

Don't put too much pressure, don't want you to blow.

A day at a Time and next thing you know

The weeks and the months will start to grow.

Like everything else, it gets easier with Time

I hate to say this, that's a way down the line.

If you fall off, please don't feel bad

No one can take those dry days you had.

Climb back on just like it's a horse.

The power is there, you are the source.

Start stringing those days together, one at a Time

Before you know it, the body feels fine.

Start stringing those weeks together, a day at a Time

By now you're dealing mostly with the mind.

As I said before, you don't have to fight fair

That drinker in your head will always be there.

There's two of you now and you do have to talk

You and that drinker, take a long walk.

