

# Just Stand Up!

Beyoncé, Mary J. Blige, Rihanna, Fergie, Sheryl Crow, Melissa Etheridge, Natasha Bedingfield, Miley

Everything will be alright, yeah  
The heart is stronger than you think  
It's like it can go through anything  
And even when you think it can't it finds a way to still push on, though  
Sometimes you want to run away  
Ain't got the patience for the pain  
And if you don't believe it look into your heart the beat goes on  
I'm tellin' you that  
Things get better  
Through whatever  
If you fall  
Dust it off, don't let up  
Don't you know  
You can go  
Be your own  
Miracle  
You need to know  
If the mind keeps thinking you've had enough  
But the heart keeps telling you don't give up  
Who are we to be questioning, wondering what is what  
Don't give up  
Through it all, just stand up!  
It's like we all have better days  
Problems getting all up in your face  
Just because you go through it  
Don't mean it got to take control, no  
You ain't gotta find no hiding place  
Because the heart can beat the hate  
Don't wanna let your mind keep playin' you  
And sayin' you can't go on  
I'm tellin' you that  
Things get better  
Through whatever  
If you fall  
Dust if off, don't let up  
Don't you know you  
You can go  
Be your own  
Miracle  
You need to know  
If the mind keeps thinking you've had enough  
But the heart keeps telling you don't give up

Who are we to be questioning, wondering what is what  
Don't give up  
Through it all, just stand up!  
You don't gotta be a prisoner in your mind  
If you fall, dust it off  
You can live your life  
Yeah  
Let your heart be your guide  
Yeah yeah yeah  
And you will know that you're good if you trust in the good  
Everything will be alright, yeah  
Light up the dark, if you follow your heart  
And it will get better  
Through whatever  
If the mind keeps thinking you've had enough  
But the heart keeps telling you don't give up  
Who are we to be questioning, wondering what is what  
Don't give up  
Through it all, just stand up!  
If the mind keeps thinking you've had enough  
But the heart keeps telling you don't give up  
Who are we to be questioning, wondering what is what  
Don't give up  
Through it all, just stand up!  
You got it in you, find it within  
You got it in now, find it within now  
You got it in you, find it within  
You got it in now, find it within now  
You got it in you, find it within  
You got it in now, find it within now  
Find it within you, find it within  
Through it all, just stand up!

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