

Helena Beat  
Foster The People

[Intro] **Em** D C D G D  
**Em** D C D G D **Em**

**Em** D  
Sometimes life it takes you by the hand  
**C** D  
It puts you down before you know it  
**G** D  
It s gone and you re dead again  
**Em** D  
I ve been in places and I won t pretend  
**C** D  
That I make it I just  
**G** D **Em**  
Fall on my head  
**Em** D  
When it s strange to take a walk downstairs  
**C** D  
Sweep you all up on a corner  
**G** D  
And pay for my bread  
**Em** D  
You know that I cannot believe my own truth  
**C** D  
To show what a truth  
**G** D **Em**  
It?s got nothing to lose

**Em** D  
Yeah yeah and it s okay  
**C** D  
I tie my hands up to a chair  
**G** D  
So I don t fall that way  
**Em** D  
Yeah yeah and I m alright  
**C** D  
I took a sip of something poison  
**G** D **Em**  
But I ll hold on tight

**Em** D  
You know those days when you wanted to choose  
**C** D  
To not get out of bed and  
**G** D  
Get lost in your head again

**Em** **D**  
You play the game but you gotta cut  
**C** **D**  
Cuz you re coming down hard  
**G** **D** **Em**  
Your joints are off stud  
**Em** **D**  
I tried to say that s not the only way  
**C.** **D**  
I never knew if I could  
**G** **D**  
Convince myself to change  
**Em** **D**  
You were pacing I was insecure  
**C** **D**  
Slip and fall I got the calls of the  
**G** **D** **Em**  
Prison I was living in

**Em** **D**  
Yeah yeah and it s okay  
**C** **D**  
I tie my hands up to a chair  
**G** **D**  
So I don t fall that way  
**Em** **D**  
Yeah yeah and I m alright  
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( **Em** **D** **C** **D** **G** **D** )  
( **Em** **D** **C** **D** **G** **D** **Em** )

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Yeah yeah and it s okay  
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I tie my hands up to a chair  
**G** **D**

