

Mind Over Matter

Music and Lyrics by Steve James
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Don't want to drain the brain
That can drive you insane so I find
It's a matter of mind

I have to stop and think
That I don't want to drink any kind
That can damage my mind

(CHORUS)
Mind over matter
That's the talk of the town
The chatter around
Mind over matter
A drink can take its toll
So you take control
Mind over matter

It's my mentality
That it's all up to me if I choose
To accept or refuse

And so my choices show
That I want to grow safe and sound
With both feet on the ground

(CHORUS)
Mind over matter
That's the talk of the town
The chatter around
Mind over matter
A drink can take its toll
So you take control
Mind over matter

Don't you know that all the research shows that drinking causes brain
damage...Mind over matter, 10 to 21...