



MR. BITTERNESS  
AND THE GUILTY PLEASURES  
**THE GOOD  
FIGHT**

THE



# **THE GOOD FIGHT**

All music & lyrics written, recorded & performed by Randal Helm

Mastered by Pure-Tone Mastering

Tracks 1-4 & 6-8 mixed by Jason Timothy — <http://twitter.com/Abletonvids>

Track 5 mixed by Randal Helm



Additional mastering by blocSonic

See individual track information for remix credits.



## 1 GET UP 5:46

Get up,  
Stand up,  
Put up or shut up,  
Throw your fist in the air,  
Or sit down and shut the fuck up

Will you do or will you die,  
Will you break down and cry,  
Will you stand on the ground,  
Or will you reach for the sky

Time is killing me,  
But such is the human condition,  
It's time to fly or fail,  
Chart course and to set sail,  
For life is a war of attrition

Get up,  
Stand up,  
Put up or shut up,  
Throw your fist in the air,  
Or sit down and shut the fuck up

Will you do or will you die,  
Will you break down and cry,  
Will you stand on the ground,  
Or will you reach for the sky

Life is crushing me,  
I'm just trying to make my contribution,  
I've been treated like a fool,

I've been beaten like a mule,  
But I will have my retribution

Get up,  
Stand up,  
Put up or shut up,  
Throw your fist in the air,  
Or sit down and shut the fuck up

Will you do or will you die,  
Will you break down and cry,  
Will you stand on the ground,  
Or will you reach for the sky

Oh no no no no no no,  
Look at what's become of you,  
You've got to go go go,  
Before your time is through

This is a declaration,  
Of my intention to overcome,  
Though there have been dark days and dark  
nights,  
I am still standing

My intention is to persevere,  
For I am still here,  
So though I may lose the war,  
Bring on the battle

Though I have been scorned and derided,  
I am not lessened,  
Though I have been abused and battered,

I am not broken,  
Though I have been Beat Down,  
I am not beaten

Though I have been Beat Down,  
I am not beaten

Though I have been Beat Down,  
I am not beaten

Oh no no no no no no,  
Look at what's become of you,  
You've got to go go go,  
Before your time is through

## 2 CAN'T (GIVE/GET) UP 6:02

I'm not giving up,  
But I'm not getting up today,  
I'm too tired to carry on,  
And I tend to get carried away

Somewhere beyond my front door,  
There are chances for me to take,  
But the day, it gets away from me,  
Until I'm fighting just to stay awake

(one more promise for me to break)

Can't give up,  
Can't get up,  
Can't give up,

Can't get up

Life at times overwhelms,  
The burden becomes so great,  
For every hill I climb two rise up before me,  
Just let me rest,  
Let these worries wait

(leave me here to wrestle with my fate)

Can't give up,  
Can't get up,  
Can't give up,  
Can't get up

## 3 PUSH BACK 4:59

For all of my years,  
I've been kicked in the teeth,  
I've been slapped in the face,  
I've been shoved to the floor

Day after day,  
I get no relief,  
Night after night,  
Til I can't take no more

But I'll tell you,  
Starting today,  
Don't get in my way

In every man's life,

There must fall some rain,  
I've weathered the storms,  
I've fought through the floods

I've picked myself up,  
I've pushed through the pain,  
I've lived by the sword,  
I've surrendered my blood

But I'll tell you,  
How it's going to be,  
Do not fuck with me

I'm tired of being on the wrong side of "I'm  
sorry, but I told you",  
I'm ready to be on the side of "hey, I've got  
mine"

There's always someone ready to put you down  
and scold you,  
And if it breaks your heart well that's just fine

All my life no one ever gave me nothing,  
And the little I had they'd try to steal

They come in the night, looking to loot, looking  
to fight,  
You either step up or you give up, You know  
the deal

Before you accuse walk 10 miles in my shoes,  
Let the first stone be cast by he who hath no sin

If you come looking for me,  
Aim well because you're going to see,  
I don't plan to be pushed around again

## 4 DAMNED HYMN 5:37

I've got a devil hounding me,  
From hill to dale,  
From sea to sea,

Late at night I cry,  
Won't you let me be?  
Oh, that devil's got a hold on me

I live my life on the run,  
Oh I regret all the things I've done,  
Late at night or rising sun,  
Oh this life is a long and lonely one

The fire fades,  
And the flesh will fail,  
Though my body's free,  
My soul's in jail

I am honor bound,  
The watch to keep,  
And I've got miles to go,  
Before I sleep

And I've got miles to go...

## 5 WAKEUP 4:20

*Previously unreleased bonus album track*

We must rebuild our institutions,  
Our country has become a den of thieves,  
What you call government we call prostitution,  
You're a false god in which no one still believes

We the people, we have been sleeping,  
And while we slumbered you have usurped our voice,  
But we've been watching the company you've been keeping,  
So step aside or be cast out, it's your choice,

There is a wave and it is rising,  
From sea to sea, from town to town,  
So take heed, it's not surprising,  
For what goes up, in the end must come down

You have no right to enrich yourself,  
At the trough of the public trust,  
No end in sight, you pile wealth upon wealth,  
What you call justice we call unjust

You are ruthless and greedy,  
You attack the poor and the needy,  
What would Jesus do?  
Hey man, fuck you

He'd overturn your tables,  
Throw your fat ass out the temple,  
He'd say "Do unto others. It's just that god

damn simple."

Our leaders have forgotten they derive their power from the masses,  
It's equality for one and all, not just the upper-classes,  
They seek to divide us using hatred and fear,  
We shouldn't have to "OCCUPY", we're already here

Shit is fucked up and bullshit...

## 6 BENEDICTION 5:58

I'm not ready to step aside,  
I'm not ready to pack it in,  
I'm not going to just lay down and die,  
Even if I've got to keep living in sin,  
Let's begin...

I may no longer believe in my dreams,  
But I can't stop making plans,  
Though everything is falling apart at the seams,  
Though my castles all are made of sand

Prey to superstition, malediction, cruel addiction,  
Who'll give my benediction?

Tired of persecution, no solution, prostitution,  
Who'll give me absolution?

### **Chorus**

Once upon a time I was without sin and without  
crime,  
But I fell down,  
And I forgot

Though I've battled for control and even my  
very soul,  
I won't give up,  
I will not

You can't get over and you can't come in,  
You're just working class and you can't win,  
Can't get ahead no matter what you do,  
Move over rover because I'm busting through

Prey to superstition, malediction, cruel  
addiction,  
Who'll give me benediction?

Tired of persecution, no solution, prostitution,  
Who'll give me absolution?

### **Chorus**

Once upon a time I was without sin and without  
crime,  
But I fell down,  
And I forgot

Though I've battled for control and even my  
very soul,  
I won't give up,  
I will not

## **7 THE END IS COMING** 4:05

I know the end is coming,  
I don't know what to do,  
But I know there's no point in running

You can feel it coming down,  
You can watch it crash around you...

## **8 GIVE UP** 8:08

You thought you had the golden touch,  
In the end you stand defeated

Weren't you the one who was supposed to  
know so much?  
Don't you think it's time that you conceded?

How much longer can you live this lie?  
You're the only one you are deceiving

Weren't you the one who was supposed to  
reach the sky?  
Don't you think it's time you stopped believing?

### **Chorus**

Give Up,  
Stay Down,  
Tough luck,  
Break down,

Let go,

Give in,  
You lose,  
They win

Can't you see nothing's going your way?  
You're a beggar not a chooser

Can't you see nobody cares what you say?  
In the end you're just a loser

### ***Chorus***

Give Up,  
Stay Down,  
Tough luck,  
Break down,

Let go,  
Give in,  
You lose,  
They win

You are nothing,  
You are no one,  
You're a lost cause,  
You're a forgotten son

You're not a has been,  
You're a never was,  
But stupid is as stupid does

You're not a someday,  
You're a never-will-be,  
And you're the only one who cannot see


### ***Chorus***

Give Up,  
Stay Down,  
Tough luck,  
Break down,

Let go,  
Give in,  
You lose,  
They win

Give up,  
Nice try,  
Too bad,  
Say die

Let go,  
Give in,  
You lose,  
They win

 9 DAMNED HYMN  
(DUSTMOTES REMIX) <sup>3:51</sup>  
Remixed by dustmotes

### **Dustmotes online:**

<http://dustmotes.net>  
[http://www.facebook.com/pages/  
dustmotes/337112601345](http://www.facebook.com/pages/dustmotes/337112601345)  
<http://twitter.com/dustmotes>

## **10** BENEDICTION (BLESSED SACRILEGE MIXX) 5:40

Remixed by C-Doc for  
DefBeat Posse Productions, ID!®

### **C-Doc online:**

<http://www.blocsonic.com/artist/cdoc>

<http://hwicfilm.com>

<http://impossebulls.blogspot.com>

<http://www.facebook.com/DavidCDocSnyder>

## **11** GET UP (THROW DOWN REMIX) 6:16

Remixed by Michael 'mGee' Gregoire

### **mGee online:**

<http://www.blocsonic.com/artist/mgee>

<http://mgee.blocsonic.com>

<http://www.facebook.com/pages/MGee-mGee-Official/139381709456136>

<http://twitter.com/mgeeintheplace>

<http://soundcloud.com/mgee-1>

## **12** PUSH BACK (STRIPPED TO THE BONE) 5:00

Remixed by Michael 'mGee' Gregoire

## **13** THE END IS COMING (FINISHED) 4:36

Remixed by C-Doc for  
DefBeat Posse Productions, ID!®





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AND THE GUILTY PLEASURES ONLINE:

<http://www.mrbitterness.com>

<http://mrbitterness.bandcamp.com>

<https://www.facebook.com/MrBitternessAndTGP>

<http://twitter.com/mrbitterness>

ALSO AVAILABLE INDEPENDENTLY BY  
**MR. BITTERNESS  
AND THE GUILTY PLEASURES**

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## EPIC FLAIL

mr. bitterness and the guilty pleasures

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this special Xtended Edition!  
Welcome to blocSonic!

Thanks to **C-Doc** and **dustmotes**  
for providing the incredible remixes!

- Michael Gregoire, blocSonic

