

Songs about Recovery



By Roger C

The road to recovery can be rough. The detox, the rehab... Even without those, the first few weeks and months without alcohol or drugs can be a challenge. But...

Life in recovery is often inspiring. Over time we discover how to live a good life, and to do that one day at a time. Who would have thought?

Today we have five inspiring songs, all about living in recovery, and what it's all about. Enjoy!

I Can See Clearly Now

Johnny Nash wrote and produced this song for his 1972 album of the same name. The song is about hope and courage for people who have experienced adversity in their lives but have later overcome it. 'I Can See Clearly Now' reached number one in America, selling over a million copies. "It's going to be a bright sunny day." You will hear more about the sun in another one of today's songs.

Here's the song on [YouTube](#) and here are the [lyrics](#).

*I can see clearly now the rain is gone.
I can see all obstacles in my way.
Gone are the dark clouds that had me blind.
It's gonna be a bright (bright)
Bright (bright) sunny day.
It's gonna be a bright (bright)
Bright (bright) sunny day.*

*Oh, yes I can make it now the pain is gone.
All of the bad feelings have disappeared.*



Let It Be

Well, the Beatles. I was one of 73 million people who saw the Beatles on the Ed Sullivan show on February 9, 1964. Beginning two years earlier, they released over 300 songs and one of my favorites – something I understand in recovery – is “Let It Be”, released in 1970. This is a song that connects very well with the Serenity Wish (otherwise known as a prayer), often shared at AA meetings.

Paul McCartney wrote the song. Guilty of extreme substance abuse at the time, he had a dream in which his mother – her name was Mary and she had died ten years earlier – told him to “let it be”. Here are the [lyrics](#) and you can watch and listen to the song on [YouTube](#). Whisper words of wisdom, my friends:

*And when the night is cloudy there is still a light that shines on me
Shinin' until tomorrow, let it be
I wake up to the sound of music, Mother Mary comes to me
Speaking words of wisdom, let it be*

*And let it be, let it be, let it be, let it be
Whisper words of wisdom, let it be*



Just for Today

My long time friend, Nina, also a member of our “We Agnostics” AA group in Hamilton, has written a song about her life in recovery. Sung by Nina with the harmonies by her daughter, you can listen to [Just for Today](#) and, if you wish, you can read and download the [lyrics](#).

*Just for today I'll do everything right
Hold onto the bright side with all of my might
If this is the last day I spend with you
Then let it be joyful, authentic and true*

*Just for today I'll be happy and bright
Just for today I'll let go of the fight
Just for today I'll love all that I am
Just for today I won't give a damn
Just for today I won't give a damn*



One Day at a Time

This song is about Joe Walsh’s recovery from heavy alcohol and cocaine addictions. As Joe put it “I got sober. It was not easy, it was the hardest thing I’ve ever had to do, and I had to stop and learn how to do everything over again sober”. He then had “a wonderful life,” as he put. This song was released in 2012 and you can listen to it on [YouTube](#) and here are the [lyrics](#) for “One Day at a Time”.

*Well I finally got around to admit that I might have a problem
But I thought it was just too damn big of a mountain to climb
Well I got down on my knees and said hey
I just cant go on livin' this way
Guess I have to learn to live my life one day at a time*

*Oh yeah, one day at a time
Oh yeah, one day at a time*



Here Comes the Sun

Another Beatles song, this one written by George Harrison and, as part of the Abbey Road album, was released in 1969. As someone put it, "To me Here Comes the Sun is a good metaphor to forget the dark, cold past, and bask in the new warm sunlight, because good is on its way..." Well said. Here are the [lyrics](#) and here it is on [YouTube](#).

*Little darling, the smiles returning to the faces
Little darling, it feels like years since it's been here*

*Here comes the sun do, do, do
Here comes the sun
And I say it's all right*

*Little darling, I feel that ice is slowly melting
Little darling, it seems like years since it's been clear*

