**HUG** (WE ALL NEED A HUG)(BAR)-Ben Sands

3/4 123 12 (without intro)

**Intro:** F (4 measures)

F C F F7 Bb
I re-member I wasn't much older, from four, maybe five at the most,
Gm C C7 F C7
And going to school, mornings were colder, there was no such thing as a bus.
F C F F7 Bb
Our mother’d be searching for school bags, and combing our hair the wrong way,
Gm C7 F C7
As she buttered our toast, and buttoned our coats, here's what my mother would say.

F C F F7 Bb
Well, we all need a hug in the morning, and one at the end of the day.
Gm C C7 F C7
And as many as possible, squeezed in between, to keep life's troubles at bay.
F C F F7 Bb
No matter where-ever you ramble, your troubles be great or be small.
Gm C7 F
It is my belief, for instant relief, a hug is the best cure of all.

F C F F7 Bb
And, when Adam was cast from the Garden, feeling that life was un-fair,
Gm C C7 F C7
His temper was startin’ to harden, when Eve said, “I’ve nothing to wear.”
F C F F7 Bb
But God, in His mercy, looked kindly, he gave his wide shoulders a shrug
Gm C7 F C7
I’ll give Humankind a small piece of my mind, so he created the hug

F C F F7 Bb
Ah, we all need a hug in the morning, and one at the end of the day.
Gm C C7 F C7
And as many as possible, squeezed in between, to keep life's troubles at bay.
F C F F7 Bb
No matter where-ever you ramble, your problems be great or be small.
Gm C7 F
It is my belief, for instant relief, a hug is the best cure of all.
Archbishop Tutu, from Cape Town, continues to keep our hearts warm
With his passion for freedom and justice and peace, he’s a man full of courage and charm
His words have the power of persuasion, to lead people into the light
But, if you want to move mountains, like Tutu, then hug everybody in sight

Ah, we all need a hug in the morning, and one at the end of the day.
And as many as possible, squeezed in between, to keep life's troubles at bay.
No matter where-ever you ramble, your problems be great or be small.
It is my belief, for instant relief, a hug is the best cure of all.

Well, a letter can bring consolation, a phone call can brighten the night.
In the midst of great aggravation, they can put at least some things to right.
But, when your heart feels like it's breaking, your life's slipping down past the plug.
And you feel like a ghost, the thing you want most is someone to give you a hug.

Ah, we all need a hug in the morning, and one at the end of the day.
And as many as possible, squeezed in between, to keep life's troubles at bay.
No matter where-ever you ramble, your problems be great or be small.
It is my belief, for instant relief, a hug is the best cure of all.
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