

# Young at Heart

Frank Sinatra

Fairy tales can come true. It can happen to you,  
If you're young at heart.  
For it's hard, you will find, to be narrow of mind,  
If you're young at heart.

You can go to extremes with impossible schemes.  
You can laugh when your dreams fall apart at the seams.

And life gets more exciting with each passing day.  
And love is either in your heart or on the way.

Don't you know that it's worth every treasure on earth  
To be young at heart.  
For as rich as you are, it's much better by far  
To be young at heart.

And if you should survive to a hundred and five  
Look at all you'll derive out of bein' alive.

And here is the best part, you have a head start  
If you are among the very young at heart.

Music by Johnny Richards and lyrics by Carolyn Leigh. The song was written and published in 1953, with Leigh contributing the lyrics to what was originally a Richards instrumental called "Moonbeam". Frank Sinatra was the first performer to record the song, which became a million-selling hit in 1953. The song was such a hit that a movie that Sinatra was filming at the same time with Doris Day was renamed to the song title, and the song was included in the opening and closing credits of the movie, which was released as *Young at Heart*.