

Whole Wheat Bread, Scar Your Lungs

Now I'm completely disgusted with myself
Look at what I've become
My addictions
Are now leading the way
I need help
So go take all my pictures from off your shelf
And go tell everyone
My ambitions
Have all rotted away

Puff Puff Puff Puff Puff Puff
Now you're hooked on that stuff
Puff Puff Puff Puff Puff Puff
Now you're hooked

So turn up the music and go scar your lungs
Then ten minutes later see how far you've come
Your back at the same place that you started from
No choice but to refill your cigars with drugs

So I'm thinking that maybe if my seat burned
Then I'd get off my ass
That's a reason to get going today
I need help
But since none of my problems are your concern
Then I wont even ask
Now we're even
So let me waste away

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