

# 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 won't even ask  
Now we're even  
So let me waste away

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