I'm back in this habit The tobacconist grabbing a packet of fags And passing it back as I hand him the cash The transaction is tragic A moment of magic As I open the packet and go for the wrapping In only a moment I'll have this fag lit The sad fact is I'm an addict, I need The hit of nicotine, just to breathe And it's obscene Just between us, as a kid, I disbelieved A brittle leaf mixed with heat Could leave you feeling incomplete without it So blow the smoke out quick You'll feel terrible However, you will have achieved something incredible

This is my last cigarette
I've done enough that I have to regret
This is my last cigarette
I've done enough that I have to regret

Bringing a whole different sting
To the thing you hold in your fingers
They're stained since you imitated
The behaviour of your favourite singer
I know you stroll to the cinema
And your role model's holding a Marlboro
The image is vivid and so you're sold the whole
Till your soul is a prisoner moulded in miniature
Rolled in a Rizla
Held in a wrestling hold till the finisher
You're choked out, so blow the smoke out
No doubt: self-control's what's killing you

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This is my last cigarette
I've done enough I have to regret
Without gasping for breath, asking for death
In return for the active effects
As many a heroin addict has said
It's addictive as smack, you'd be daft to inject
Skip the needle and the needle skips
As I tap my fag, let the ash hit the deck
Stood on the back step in the rain
And never complain till my fag's wet
Splashed out, cashing the cheque
Ash, ground; ground, ash; have you met?

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I stub the nub
Enough's enough, I'm good
I would gladly have another fag, see
But the fact is I'm done
It's off my chest
And I'm impressed
With my willpower, nothing less
Face my face at 88 miles an hour
Time travelling as my life expectancy expands
And I feel like a younger man
You need to fight the hunger, Dan
You're done; you can
I can
I am

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