

I WILL QUIT SMOKING TOMORROW. I SWEAR IT. I PROMISE. I'M NOT KIDDING. I'M SERIOUS THIS TIME. I JUST BOUGHT MY LAST PACK OF CIGARETTES. I'M GOING TO SMOKE ALL 20 CIGARETTES BEFORE MIDNIGHT. AND THEN I'M FINISHED. I'M DONE. NOT ONE MORE CIGARETTE. NOT EVEN ONE. I WILL BE FREE. I WILL HAVE FRESH BREATH. MY GIRLFRIEND WILL ENJOY KISSING ME. I WILL SMELL GOOD. MY CLOTHES WILL SMELL GOOD. MY LUNGS WILL GET HEALTHY. MY TEETH WILL GET WHITER. MY SORE THROAT WILL GO AWAY. I WILL NOT THINK ABOUT CIGARETTES ALL THE TIME. I WILL START A NEW LIFE. MY NEW LIFE WILL BE A HEALTHY LIFE WITHOUT CIGARETTES. TALK IS CHEAP.

LOOP ABT QSY TU HI WX QRN BEAM CW DX