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import random

function guessing_game():
    secret_number = random.randint(1, 100)
    attempts = 0

    print("Welcome to the Number Guessing Game!")
    print("Please enter a number 1-100 for a surprise.")

    while True:
        user_guess = input("Take a guess: ")

        if user_guess.lower() == 'q':
            print("Thanks for playing. Goodbye!")
            return

        elif user_guess.isdigit():
            user_guess = int(user_guess)
            attempts = attempts + 1

            if user_guess < secret_number:
                print("Too low!")
            else if user_guess > secret_number:
                print("Too high!")
            else:
                print("Congratulations! You guessed it in", attempts, "attempts.")
                return
        else:
            print("Invalid input. Please enter a number or 'q' to quit.")

    start_game = input("Press Enter to start the guessing game or 'q' to quit: ")

    if start_game == 'q':
        print("Goodbye!")
    else if start_game != "":
        print("Invalid input. Please press Enter or 'q' to quit.")
    else:
        guessing_game()
```