Given a list of phrases, generate a list of Before and After puzzles.

A *phrase* is a string that consists of lowercase English letters and spaces only. No space appears in the start or the end of a phrase. There are no consecutive spaces in a phrase.

*Before and After puzzles* are phrases that are formed by merging two phrases where the **last word of the first phrase** is the same as the **first word of the second phrase**.

Return the Before and After puzzles that can be formed by every two phrases phrases[i] and phrases[j] where i != j. Note that the order of matching two phrases matters, we want to consider both orders.

You should return a list of **distinct** strings **sorted lexicographically**.

**Example 1:**

**Input:** phrases = ["writing code","code rocks"]

**Output:** ["writing code rocks"]

**Example 2:**

**Input:** phrases = ["mission statement",

"a quick bite to eat",

  "a chip off the old block",

  "chocolate bar",

  "mission impossible",

  "a man on a mission",

  "block party",

  "eat my words",

  "bar of soap"]

**Output:** ["a chip off the old block party",

  "a man on a mission impossible",

  "a man on a mission statement",

  "a quick bite to eat my words",

"chocolate bar of soap"]

**Example 3:**

**Input:** phrases = ["a","b","a"]

**Output:** ["a"]

**Constraints:**

* 1 <= phrases.length <= 100
* 1 <= phrases[i].length <= 100