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enhanced eBook combines an updated version of his internationally best selling Easy Way to Stop Smoking with a 75 minute audio epilogue from Allen himself giving you all the expertise and support you ll need to become a happy non smoker for the rest of your life Praise for Allen Carr s Easyway If you want to quit it s called the Easyway to Stop Smoking I m so glad I stopped Ellen De Generes Allen Carr s Easy Way to Stop Smoking Program achieved for me a thing that I thought was not possible to give up a thirty year smoking habit literally overnight It was nothing short of a miracle Anjelica Huston Allen Carr explodes the myth that giving up smoking is difficult The Times His method is absolutely unique removing the dependence on cigarettes while you are actually smoking Richard Branson I found it not only easy but unbelievably enjoyable to stay stopped Sir Anthony Hopkins

Packing it in the Easy Way Allen Carr,2005-01-06 I m going to cure the world of smoking Until he discovered the Easyway this statement by Allen Carr made more than twenty years ago was not just laughable but totally unthinkable because Carr couldn t even cure himself of the wretched weed But after years of trying and failing to stop his one hundred a day habit through every technique around Allen Carr not only quit for good but created the Easyway to stop smoking He followed this by writing the bestselling book on quitting as well as setting up a successful chain of clinics to help others in their goal to be free of tobacco His story from slave to a habit that was destroying his life to latter day lifestyle guru makes for both inspirational and utterly compelling reading

The Easy Way to Stop Smoking Allen Carr,2004 The author offers a step by step approach to stop smoking without the use of nicotine substitutes

Allen Carr's Easy Way to Stop Smoking Allen Carr,2011 The author offers a step by step approach to stop smoking without the use of nicotine substitutes

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Allen Carr's Easy Way to Stop Smoking Allen Carr,2001

Allen Carr's Easy Way for Women to Stop Smoking Allen Carr,2003 Allen Carr s Easyway to Stop Smoking is the world s most popular quit smoking title with an 80 percent market share in the smoking cessation category First published in the UK in 1985 it has sold over thirteen million copies and has topped bestseller lists in nine countries This brand new edition has been written specifically for the US market and is based on the past five years of

working with American smokers at our live seminars Allen Carr's Illustrated Easy Way for Women to Stop Smoking Allen Carr, Bev Aisbett, 2008 Allen Carr and Bev Aisbett present a humorous comfort zone for smokers This book been designed to appeal to smokers who have failed to quit as well as non smokers who want a loved one to stop smoking for good *Allen Carr's Easy Way to Control Alcohol* Allen Carr, 2009-11-03 READ ALLEN CARR S EASY WAY TO CONTROL ALCOHOL AND BECOME A HAPPY NON DRINKER FOR THE REST OF YOUR LIFE Allen Carr established himself as the world s greatest authority on helping people stop smoking and his internationally best selling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies In this classic guide Allen applies his revolutionary method to drinking With startling insight into why we drink and clear simple step by step instructions he shows you the way to escape from the alcohol trap in the time it takes to read this book A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER STOP EASILY IMMEDIATELY AND PAINLESSLY REMOVES THE PSYCHOLOGICAL NEED TO DRINK REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr s Easyway method The Allen Carr program was nothing short of a miracle Anjelica Huston It was such a revelation that instantly I was freed from addiction Sir Anthony Hopkins His skill is in removing the psychological dependence The Sunday Times **The Illustrated Easy Way to Stop Drinking** Allen Carr, 2014-09-01 READ THIS BOOK FOLLOW THE INSTRUCTIONS AND STOP DRINKING NOW Allen Carr s Easyway method has helped millions of people to quit smoking alcohol and other drugs as well as to stop gambling over eating and getting into debt It will show you the way to escape from the alcohol trap With the brilliant illustrations of Bev Aisbett this handy pocket book presented in a truly refreshing accessible dynamic funny and enjoyable way What people say about Allen Carr s Easyway method The Allen Carr program was nothing short of a miracle Anjelica Huston It was such a revelation that instantly I was freed from my addiction Sir Anthony Hopkins His skill is in removing the psychological dependence The Sunday Times

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Allen Carr]. Allen Carr,1999 **Easy Way for Women to Stop Smoking** Allen Carr,2009 Using a version of Alan Carr s revolutionary Easyway Method created expressly for women Cesati focuses on issues such as weight gain increased stress and smoking during pregnancy making this the perfect gift for any woman who lights up and wants to stop

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