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Method that has successfully helped cure millions worldwide is equally as successful for both men and women but many of the issues related to quitting smoking can be perceived differently by women as their questions in Easyway sessions reveal as well as the particular difficulties facing women who want to quit the habit In The Illustrated Easy Way to Women to Stop Smoking Allen Carr debunks the myths about smoking and shows women specifically how to beat their addiction for good This book not only enables women to easily and painlessly escape the nicotine trap but to do so without gaining weight With the brilliant writing skills and illustrations of Bev Aisbett Allen Carr's international best selling Easyway Method is presented in a refreshing accessible dynamic and enjoyable way To date Allen Carr's books have sold more than 15 million copies worldwide and have been read by an estimated 40 million people while countless more have been helped to quit through his network of clinics This phenomenal success has been achieved not through advertising or marketing but through the personal recommendations of the ex smokers who've quit with the method Allen Carr's Easyway Method has spread all over the world for one reason alone because it works What women say about Allen Carr's Easyway Method If you want to quit it's called the Easyway to Stop Smoking I'm so glad I stopped Ellen deGeneres Allen Carr's Easy Way to Stop Smoking Program achieved for me a thing that I thought was not possible to give up a 30 year smoking habit literally overnight It was nothing short of a miracle Anjelica Huston It's the only method that works Thank you Ruby Wax

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