



The Only Way to Stop Smoking Permanently

Allen Carr

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Allen Carr will help you break addiction for ever in this fully updated edition of The Only Way to Stop Smoking Permanently. This book will help you: - Achieve the right frame of mind to quit - Avoid weight gain - Quit without dependence on rules or gimmicks - Enjoy the freedom and choices that non-smokers have in life - Quit without willpower It's time to begin your new life as a non-smoker with Allen Carr's The Only Way to Stop Smoking Permanently. A different approach... a stunning success, Sun I was exhilarated by a new sense of freedom, Independent His skill is in removing psychological dependence, Sunday Times Allow Allen Carr to help you escape painlessly today, Observer A successful accountant, Allen Carr's hundred-cigarettes-a-day addiction was driving him to despair until, in 1983, after countless failed attempts to quit, he finally discovered what the world had been waiting for - the Easy Way to Stop Smoking. He has built a network of clinics that span the globe and gained a phenomenal reputation for success in helping smokers to quit. His books are published in over twenty languages and video, audio and CD ROM versions of his method are also available. His other books include Allen Carr's Easy Way to Stop Smoking, Allen Carr's Easyweigh to Lose Weight and The Easy Way to Enjoy Flying.

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