



Allen Carr's Easy Way to Stop Smoking: Revised Edition

Allen Carr

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Allen Carr's Easy Way to Stop Smoking is the one that really works. It is the world's bestselling book on how to give up smoking and over nine million copies have been sold worldwide. 2015 marks the 30th anniversary since this ground-breaking book's first publication. 'It didn't take any willpower. I didn't miss it at all and I was free' Ruby Wax Read this book and you'll never smoke another cigarette again. THE unique method: No scare tactics No weight-gain The psychological need to smoke disappears as you read Feel great to be a non-smoker Join the 25 million men and women that Allen Carr has helped give up smoking. '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 'Instantly I was freed from my addiction. I found it not only easy but unbelievably enjoyable to stay stopped' Sir Anthony Hopkins

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