

[EASY WAY TO QUIT SMOKING BOOK](#)



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Reading Allen Carr's The Easy Way to Stop Smoking can be a positive experience if you're looking to end your relationship with tobacco. The book, written by a former chain-smoker, has sold 15 million copies in its 30 years on the market. The techniques Carr suggests have worked for many looking for help quitting smoking.

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Allen Carr's Easy Way to Stop Smoking Amazon de Allen

Allen Carr was a chain-smoker for over thirty years. In 1983, after countless miserable attempt to quit, he discovered what every smoker dreams of-an easy way to stop smoking. Today, his method is taught in over 150 cities and his books have topped bestseller lists in nine countries. Carr's Easyway method has the highest success rate of an clinically evaluated method. An estimated ten million smokers have quit using his simple, drug-free approach.

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Allen Carr's Easyway to Stop Smoking Book

His original book, Allen Carr's Easyway to Stop Smoking, sells more than all other quit smoking books combined. In parts of the book industry it's known simply as "The Magic Book". First published in 1985, Allen Carr's Easyway to Stop Smoking has been translated into over 30 languages and been a #1 bestseller in many countries.

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Allen Carr's Easy Way To Stop Smoking Allen Carr

Allen Carr was an accountant and smoked 100 cigarettes a day until he gave up and wrote this bestselling book. He has built a hugely successful network of stop-smoking clinics across the world and is the author of The Only Way to Stop Smoking, How to Stop Your Child Smoking, The Easy Way to Enjoy Flying and The Easyweigh to Lose Weight.

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Allen Carr's Easy Way to Stop Smoking The Guide to Stop

I remember joking about having purchased a book about quitting smoking (like I was ever gonna quit any time soon). Once I picked it up and started reading, I couldn't stop.

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A Review of Allen Carr s The Easy Way to Stop Smoking

Allen Carr s book The Easy Way to Stop Smoking has sold millions of copies and is considered a real tool to help folks quit smoking. Here is Quit Smoking Community s review of Mr. Carr s book.

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