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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 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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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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The Easy Way to Stop Smoking Wikipedia

The Easy Way to Stop Smoking is a self-help book written by British author and accountant Allen Carr. The book aims to help people quit smoking, offering a range of different methods. It was first published in 1985 and is the most famous book of Carr's, as it resonated widely in the world and became a worldwide bestseller.

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How To Stop Smoking Allen Carr's Easyway

How to Stop Smoking with Allen Carr s Easyway We have a number of programmes which will enable you to stop smoking easily, painlessly and without the need for willpower. It s been described as a real smoker s way to quit .

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The Easy Way to Stop Smoking ebook by Carr Allen

About The Author. Allen Carr (1934-2006) was a chain-smoker for over 30 years. In 1983, after countless failed attempts to quit, he went from 100 cigarettes a day to zero without suffering withdrawal pangs, without using willpower and without putting on weight.

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