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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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What is the Easy Way to Stop Smoking For Good 123 Quit

Working out is not only an excellent way to stay fit, but it is also the easy way to stop smoking. Exercise and get your heart rate up to help lessen your nicotine cravings and improve your quit rate. Regular workout sessions may also help to relieve tension and stress that quitting may cause. Additionally, weight gain can be a major concern for women who want to quit smoking. Regular exercise, even walking, can be the ultimate solution to these problems.

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What is the easy way to stop smoking Quora

The way that has the best success to stop smoking is to stop using nicotine. For the addicted smoker, it is nicotine that punishes when the smoker doesn't use it and the temporary fix for craving and withdrawal is another nicotine fix. It is a continuous cycle of depletion and recovery. Get off that rollercoaster. Stop using the drug that causes you to use it.

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

I was a smoker 15-20 cigarettes per day, I read this book half way and already stopped smoking. Although, author says you can smoke while reading, but I thought of quitting it even while reading. Couple of points that were sufficient for me to quit were.

<http://ebookslibrary.club/Allen-Carr's-Easy-Way-to-Stop-Smoking--Amazon-de--Allen--.pdf>

How to Quit Smoking by Using an Allen Carr Book 14 Steps

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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