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The Easy Way To Stop Smoking

Allen Carr

The easy way to
stop
smoking

Read by Duncan Wells

Allen Carr's
Easyway[®]
TO STOP SMOKING



Synopsis

"If you follow my instructions you will be a happy non-smoker for the rest of your life." That's a strong claim from Allen Carr, but as the world's leading quit smoking expert, Allen was right to boast! This classic guide to the world's most successful stop smoking method is all you need to quit up smoking. You can even smoke while you listen. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr has helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Accept no substitute. Ten million people can't be wrong.

Book Information

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#12 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #130

in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

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(Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Stop Smoking: Stop Smoking

Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes

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