

[BOOKS TO STOP SMOKING](#)



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Allen Carr's Easyway to Stop Smoking Book

Allen Carr's books and CDs have sold over 15 million copies worldwide. 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

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How to Quit Smoking by Using an Allen Carr Book Familiarize yourself with Allen Carr. Before you begin the process of quitting using Carr's books, Purchase a copy of The Easy Way to Stop Smoking. Set a date and time to stop smoking. The first step Carr advises is to set a specific time

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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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Quit smoking for good using Allen Carr's famous Easyway to Stop Smoking method. Choose from online seminars, face-to-face sessions and online videos.

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The inspirational book I Finally Quit And So Can You: How to Gain Everything by Quitting is a compelling story for anyone who has ever wanted to break free from procrastination, smoking, drinking to excess or any other bad habits.

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Amazon Book Reviews How to Quit Smoking Book

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This Book Is The Reason I Quit Smoking Once And For All

The basic premise of the book is that quitting smoking is easy and fun. The word "yippee" appears more than once. If you think of quitting as if you're giving something up, you're destined to fail.

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The Easy Way to Stop Smoking Allen Carr Simon Prebble

This book worked for me and my mother. I, a 30 year smoker and her, a 40 year smoker were both able to quit easily, with no anger issues, no craving, and found the experience enjoyable. The hardest part of this was just reading the book. Once I started reading, I didn't stop until I had my last cigarette that same day! Buy this book; quit smoking.

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Books to help quit smoking DrugAbuse.com

One book that helped me get rid of my smoking addiction was also Allen Carr's Easy Way to Stop Smoking . It had a great impact on me. It is the highest-selling book on quitting smoking worldwide.

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The Easy Way to Stop Smoking by Allen Carr NOOK Book

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 give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation.

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

According to one author, yes. Allen Carr rocketed into the self-help book market in 1985 with Allen Carr s Easy Way To Stop Smoking. To date, over 13 million copies of the book have been sold, making it one of the best-selling books of all time. Mr. Carr was a heavy chain smoker claiming to smoke upwards of 100 cigarettes (5 packs) daily.

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Editions of The Easy Way to Stop Smoking Join the

Allen Carr's Easy Way to Stop Smoking: Be a Happy Non-smoker for the Rest of Your Life (Allen Carr's Easy Way) Published December 1st 2008 by Penguin Books Paperback, 218 pages

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