

## [STOP SMOKING CARR](#)



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About Allen Carr s Easyway Internationally renowned for over 30 years, the method has helped over 30 million people to freedom in over 50 countries worldwide. Allen Carr s Easyway centres have a 90% success rate based on 3 month money back guarantee for their stop smoking, alcohol and quit drugs programmes.

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### **Allen Carr's Easyway to Stop Smoking Home**

Quit smoking with the world s most effective method Allen Carr s Easy Way to Stop Smoking. Forget the patch, gum, hypnosis, acupuncture, cold turkey and Zyban, which have success rates of less than 10%.

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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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### **Stop Smoking with Allen Carr Allen Carr's Easyway Allen**

Allen Carr was a chain-smoker, who used to get through a hundred cigarettes a day until he discovered the Easyway to Stop Smoking in 1983. His method involves a psychological reappraisal of why people smoke as well as understanding the subtle and pervasive nicotine trap and how it works.

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

Before you begin the process of quitting using Carr's books, familiarize yourself with who Allen Carr was and the effectiveness of his technique. Allen Carr was a former accountant who created a method for stopping smoking - which he later applied to a host of other addictions and issues.

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### **Top Ten Tips on How to Stop Smoking Allen Carr's Easyway**

\*The success rate of the method is over 90% based on 3 month money-back guarantee provided at Allen Carr's Easyway centres worldwide (for smoking cessation, alcohol, and drugs) and independent scientific studies indicate that even after 12 months the stop smoking success rate for the method remains over 50%.

<http://ebookslibrary.club/download/Top-Ten-Tips-on-How-to-Stop-Smoking-Allen-Carr's-Easyway.pdf>

### **The Easy Way to Stop Smoking Audiobook Allen Carr**

Allen Carr's Easyway is the most successful self help stop-smoking method of all time. It has helped millions of smokers from all over the world quit instantly, easily and painlessly. Stop Smoking Now is the new, cutting-edge presentation of the method.

<http://ebookslibrary.club/download/The-Easy-Way-to-Stop-Smoking-Audiobook-Allen-Carr--.pdf>

### **I ve long tried to quit smoking Now thanks to Allen Carr**

Similarly, Carr addresses the illusion that giving up smoking is linked to weight gain: The weight myth is due to using substitutes during the withdrawal period [such as snacks]. In fact, they do not make it easier to stop.

<http://ebookslibrary.club/download/I-ve-long-tried-to-quit-smoking--Now--thanks-to-Allen-Carr--.pdf>

### **Full PDF of Allen Carr's Easy Way to Stop Smoking**

Part of Allen Carr's method is to actively think about what the nicotine is doing for you as you take it in. Really feel for it. I told myself smoking was a benefit to me, because I liked how it made me feel. Nope.

<http://ebookslibrary.club/download/Full-PDF-of-Allen-Carr's-Easy-Way-to-Stop-Smoking--.pdf>

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