

BOOKS ON HOW TO STOP SMOKING



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

First he helped some friends quit smoking and eventually hosted seminars that enabled those who attended to quit smoking with ease. He was so inundated with clients (who heard about him via word of mouth) that he shared the method in (what turned out to be) a worldwide bestselling book The Easy Way to Stop Smoking.

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Allen Carr's Easyway to Stop Smoking Book

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. In 2000, Amazon readers voted it as one of the top fifty books of the twentieth century.

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The Three Best Books to Help You Stop Smoking WhytoRead

Quit Smoking Today Without Gaining Weight Paul McKenna . Paul McKenna continues his I can make you series with this stop smoking guide. As proven by many readers of the book, the methods have shown many people stop and continue to stop for the rest of their lives. 3. You Can Stop Smoking Jacquelyn Rogers . This book is jam packed with information that all smokers need to know.

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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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Stop Smoking books by Dr Gabriel Symonds how to quit

This [Stop Smoking: Real Help at Last] is an instructive and amusing book which shows a good deal of sympathy to smokers. The coverage is comprehensive and includes amusingly satirical views on electronic cigarettes, the tobacco companies and doctors.

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Free Quit Smoking Books Guides and Tips

The Guide walks new quitters through the first two weeks of smoking cessation, recommending daily videos to watch and articles to read. Joel's Library is also home to more than 100 original short stop smoking articles, to his free ebook Never Take Another Puff, and to his collection of more than 200 video stop smoking lessons.

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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. I do not know if any other books have similar impacts but for me it surely made the difference.

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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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So if you are trying to quit smoking, do yourself a favor and give The Easy Way to Stop Smoking a try. *The book only has 675 reviews , but the previous edition also has almost 950 reviews as well. **Easy Way also offers a webcast and live seminars (with a money back guarantee) as well.

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Amazon Book Reviews How to Quit Smoking Book

This is one of our Amazon Book Reviews on how to quit smoking book: Allen Carr s Easy Way to Stop Smoking. About the Author Allen Carr. Allen Carr started smoking while doing military service at age of 18. He smoked 100 cigarettes a day until he gave up at age of 48. This was happened after a visit to a hypnotherapist.

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