



Your Personal Stop Smoking Plan

By Allen Carr

Arcturus Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Your Personal Stop Smoking Plan, Allen Carr, This is the first ever interactive Allen Carr book. By regularly interacting with the text in an easy yet dynamic and measurable way you begin to write the story of how you came to smoke. By understanding why you continue to smoke in spite of the obvious disadvantages, you are able to follow the simple step-by-step instructions that set you free. No pain. No drama. READ THIS BOOK AND BECOME A HAPPY NON-SMOKER AND NICOTINE-FREE FOR THE REST OF YOUR LIFE.

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