

ALLEN CARR'S EASY WAY TO **STOP** SMOKING

Over **20 MILLION** copies sold

"Everyone who reads this book stops and I stopped." *Ellen DeGeneres*

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Allen Carr's Easy Way to Stop Smoking is a self-help classic, with over 20m copies sold worldwide. It has been a #1 bestseller in nine European countries. It outsells all other quit smoking titles combined. This edition has been developed specifically for smokers in the US. This seminal book has enabled millions of smokers to quit easily and enjoyably using Carr's simple, drug-free approach.

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