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How to quit smoking - Allen Carr's Easy Way to Stop Smoking Clinics Breaking the Cycle of Alcohol: Allen Carr

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Book Review | HEYKACKIE

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CANSA The Easy Way to Control Alcohol (Audiobook) by  
Allen Carr~~ Does nicotine withdrawal really last for months or  
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Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY and went on to write a series of bestselling books, most famously The Easy Way to Stop Smoking. Now, over 13 million stop smoking books

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have been sold in 57 countries and 38 languages around the world.

The Only Way to Stop Smoking Permanently: Quit cigarettes

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The common thread running through Allen Carr ' s work is the removal of fear - eliminating the phobias and anxieties which prevent people from being able to enjoy life to the full. Allen Carr's books include; Allen Carr ' s Easy Way to Stop Smoking, The Only Way to Stop Smoking Permanently, Allen Carr's Easyweigh to Lose Weight, How to Stop Your Child Smoking and The Easy Way to Enjoy Flying.

Allen Carr's The Only Way to Stop Smoking Permanently ...

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Allen Carr method, is the only method which worked for me  
3. He is absolutely right in saying, You do not miss anything  
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Allen Carr's Easyway | Set Yourself Free

Allen Carr ' s The Only Way to Stop Smoking Permanently.  
Author of the most successful stop smoking method of all  
time, Allen Carr here further exposes the traps of smoking  
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Allen Carr ' s The Only Way to Stop Smoking Permanently  
by ...

Allen Carr was an accountant and smoked one hundred  
cigarettes a day until he gave up and wrote a series of

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bestselling books. He 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.

Allen Carr Books | World of Books

Carr died on 29 November 2006 at the age of 72, as a result of his lung cancer. He died at his home near Málaga, Spain. Selected publications Nicotine. The Easy Way to Stop Smoking (1985) The Only Way to Stop Smoking Permanently; Allen Carr's Easy Way for Women to Stop Smoking; The Little Book of Quitting

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Allen Carr - Wikipedia

Allen Carr ' s Easyway method has been clinically proven in two randomised controlled trials. The results show it to be as good as, if not better than the UK ' s gold standard NHS 1-1 Stop Smoking Service 1 and almost twice as effective as the Irish Governments Quit.ie service 2.It does not require the use of any drugs or nicotine products.

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Easyway

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Allen Carr - Penguin Books

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Allen Carrs The Only Way To Stop Smoking Permanently From the Author. Allen Carr (1934-2006) was a chain-smoker for over 30 years. In 1983, after countless failed attempts to quit, he went from 100 cigarettes a day to zero without suffering withdrawal pangs, without using willpower and without putting on weight.

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About Allen Carr Allen Carr was an accountant and smoked 100 cigarettes a day until he gave up and wrote this

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