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About the Author  
Allen Carr was an  
accountant who  
smoked 100 cigarettes  
a day until he

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Carr's Easyway  
discovered EASYWAY  
and went on to write a  
series of bestselling  
books, most famously  
The Easy Way to Stop  
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the myths about smoking and shows you the way to beat your addiction. With the brilliant illustrations of Bev Aisbett, Carr's globally best-selling method is presented here in a truly refreshing, accessible, dynamic, funny, and enjoyable way.

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people to quit smoking

alcohol and other

drugs as well as to stop

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to escape from the  
alcohol trap With the  
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your addiction. With  
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fundamentally  
different approach to  
recovery than  
conventional substance  
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sugar and processed  
carbohydrates. With  
the brilliant additional  
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illustrations of Bev  
Aisbett, you'll free  
yourself of addiction  
and enjoy better  
health, higher levels of  
energy, dramatically  
improved body shape  
and a happier,

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Allen Carr ...

He wrote ten books  
which appeared as  
bestsellers on selected  
book ranking charts  
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method is presented  
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I quit smoking about a

month ago after

reading Allen Carr's

Easy way for women

to stop smoking. I

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knew going into it that I was going to quit on the day that I did no matter what. The first couple of days that I quit no book, patch, pill or anything other than a coma could have made easy. I was angry, I was aware that I wanted to be unkind.

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