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The Easy Way To Stop Smoking

Allen Carr

The easy way to
stop
smoking

Read by Duncan Wells

Allen Carr's
Easyway
TO STOP SMOKING



Synopsis

"If you follow my instructions you will be a happy non-smoker for the rest of your life." That's a strong claim from Allen Carr, but as the world's leading quit smoking expert, Allen was right to boast! This classic guide to the world's most successful stop smoking method is all you need to quit up smoking. You can even smoke while you listen. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr has helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Accept no substitute. Ten million people can't be wrong.

Book Information

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#12 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #130

in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

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Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Stop Smoking: Stop Smoking Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes for Life (Quit Smoking Method) Quit Smoking: Stop Smoking Now Quickly And Easily- The Best All Natural And Modern Methods To Quit Smoking (Quit Smoking Now Quickly & Easily So You Can ... & Defeat Nicotine Addiction Once & For All) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Change Your

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