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Smoker For The
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over 50 countries worldwide. Allen Carr's Easyway centres have a 90% success rate based on 3 month money back guarantee for their stop smoking, alcohol and quit drugs programmes. Read more.

Allen Carr's Easyway | Set Yourself Free

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

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Easy Way To Stop
and wrote this
bestselling book. He
has 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's Easy
Way To Stop
Smoking; Carr, Allen**

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Easy Way To Stop

Allen Carr established himself as the world's greatest authority on helping people stop smoking and his internationally best-selling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies. In his Easy Way to Control Alcohol Allen applies his revolutionary method to drinking.

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**Allen Carr's Easy
Way to Control
Alcohol: Carr, Allen
...**

Allen Carr's Easy Way to Quit Smoking gives you a structured, easy-to-follow method for quitting quickly, painlessly and immediately. If you're someone who uses any nicotine product other than cigarettes, this book will also work perfectly for you.

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Amazon.com: Allen Carr's Easy Way to Quit Smoking (Audible ...

In the Easy Way for Women to Lose Weight, Allen Carr addresses the difficulties that women face in trying to lose weight. Diets don't work and just lead to a feeling of deprivation, which can cause food disorders like binge-eating.

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**Allen Carr's Easy
Way for Women to
Lose Weight: The ...**

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

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Easy Way To Stop
does not require the
use of any drugs or
nicotine products.
Happy Non

**Easyway to Stop
Smoking
Programmes &
Seminars - Allen
Carr**

Allen Carr's Easy Way
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Allen Carr, Paperback |
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Carr's Easy Way to
Stop Smoking is a self-
help classic, with over
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**Allen Carr's Easy
Way To Stop
Smoking by Allen
Carr ...**

Allen Carr's Easyway to
Stop Smoking remains
an international
bestseller, selling over
15 million books in

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Easy Way To Stop

more than 38 different

languages. Subsequent

publications applied

the same simple logic

to alcohol, drugs,

weight-loss, caffeine,

sugar, gambling, debt

and even fear of flying.

Sadly, Allen Carr died

on 29th November

2006.

About Allen Carr's

Easyway & The

Method

The Allen Carr's

Easyway method has

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Smoking But
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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.it service 2. It does not require the use of any drugs or nicotine products.

Best Ways & Top 10
Page 15/26

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Easy Way To Stop
Tips to Quit Smoking

| **Allen Carr**

Allen Carr 2 September

1934 London, England:

Died: 29 November

2006 (aged 72) Near

Málaga, Spain:

Occupation: Author,
accountant:

Nationality: British:

Genre: Self-help:

Notable works: The
Easy Way to Stop
Smoking (1985)

Website;

www.allencarr.com

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PDF Allen Carrs Easy Way To Stop **Allen Carr - Wikipedia**

Some time ago I had the opportunity of observing an Allen Carr 'Easyway To Stop Smoking' group session in London.

There were, as I recall, eight participants who were all seated in comfortable reclining chairs. They also had filled in questionnaires about their smoking histories. The person running the session,

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Smoking Book
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**Is Allen Carr's
Easyway To Stop
Smoking Really Easy**

...

I GLADLY handed over
my Allen Carr's Easy
Way book with a smile.
I really didn't think
much of it. After all
they had smoked
almost all of their lives.
I fully expected them

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Easy Way To Stop
Smoking Best
Happy Non
Smoker For The
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to come back with the old "This book didn't work. We are hopeless at quitting." I honestly forgot about giving them the book.

Amazon.com:
Customer reviews:
Allen Carr's Easy
Way To ...

Allen Carr's Easy Way to Stop Smoking is the one that really works. It is a book on how to give up smoking and over nine million copies

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Easy Way To Stop
have been sold
worldwide. 2015 marks
the 30th anniversary
since this ground-
breaking book's first
publication. Read this
book and you'll never
smoke another
cigarette again.

**Allen Carr's Easy
Way to Stop
Smoking: Read this
book and ...**

National 12 month
Clinical Trial finds Allen
Carr's Easyway almost

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Easy Way To Stop
twice as effective as
other smoking
cessation methods
available on Health
Service. Keogan, S., Li,
S., Clancy L. (2018)
Allen Carr's Easyway to
Stop Smoking - A
randomised clinical
trial. BMJ Tobacco
Control, Issue 4
Volume 28.

**allen carr | Easyway
to stop smoking**

The Easy Way to Stop
Smoking is a self-help

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Easy Way To Stop

Smoking Do A

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Smoker For The

Rest Of Your Life

book written by British author and accountant Allen Carr. The book aims to help people quit smoking, offering a range of different methods. It was first published in 1985.

Although championed by many celebrities, there has been limited empirical study of Carr's method.

The Easy Way to Stop Smoking - Wikipedia

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Easy Way To Stop

Find a Stop Smoking

Seminar - Allen

Carr's Easyway

Now when you have a mental block, instead of just getting on with it you start to say, 'If only I could light up now, it would solve my problem.'. You then start to question your decision to quit smoking." — Allen Carr, Allen Carr's Easy Way to Stop Smoking: Be a Happy Non-smoker for the Rest of

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Your Life.

Smoking Be A
Allen Carr Quotes
(Author of The Easy
Way to Stop
Smoking)

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UNITED KINGDOM I can
hardly believe that I

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was cool and
glamorous and that life
might not be worth
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