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Allen Carr's Easy Way to Stop Smoking: Allen Carr ... The book was recommended by our family Doctor after talking to him about trying to quit smoking without medication. It worked and helped my wife stop smoking. She said it helped to put her in the right mindset to help her reach her goal.

Allen Carr - Stop Smoking/Vaping, Stop Drinking & Other ...

Allen Carr's Easyway has helped 30 million people in over 50 countries to be free from smoking, vaping, drinking, drug, gambling, caffeine & sugar addiction.

Allen Carr - Wikipedia

Allen Carr (2 September 1934–29 November 2006) was a British author of books about stopping smoking and other psychological dependencies including alcohol addiction. [The Easy Way to Stop Smoking Audiobook | Allen Carr ...](#)

Allen Carr's Easyway is the most successful self help stop-smoking method of all time. It has helped millions of smokers from all over the world quit instantly, easily and painlessly.

Allen Carr - amazon.com

Allen Carr was a chain-smoker for over 30 years. In 1983, after countless failed attempts to quit, he went from 60-100 cigarettes a day to zero without suffering withdrawal pangs, without using willpower, and without putting on weight.

[Top Ten Tips on How to Stop Smoking - Allen Carr's Easyway](#)

Allen Carr's Easyway method provides a map of the maze and simple instructions to help any smoker get free. However, if you try to follow the instructions without first understanding the map, or you fail to follow all the instructions, you may never find the exit. Once you've got it clearly into your mind that there are no advantages to smoking, then the instructions below will help you.

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have success rates of less than 10%. Easyway uses cognitive therapy to remove the desire to smoke. With no desire to smoke, it doesn't take willpower not to do so.

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