



Allen Carr's Illustrated Easy Way for Women to Stop Smoking

Allen Carr

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The Easyway method is as successful for women as it is for men, but many of the issues are perceived differently by women - as their questions in Easyway sessions reveal - and particular difficulties face women who want to quit the habit. In *The Illustrated Easy Way to Stop Smoking*, Allen Carr debunks the myths about smoking and shows you the way to beat your addiction.

With the brilliant writing skills and illustrations of Bev Aisbett, Allen Carr's international best-selling Easyway method is presented here in a truly refreshing, accessible, dynamic and enjoyable way.

This book comes with several guarantees:

- You won't feel like you're being lectured or talked down to.
- There are no scare tactics and no gimmicks.
- You won't feel deprived and you won't miss smoking.
- No method in the world has proved more successful than this one.

Allen Carr's Easyway has helped millions of smokers to quit and it can help you, too.

Contains over 200 illustrations.

Praise for Allen Carr's Easyway:

"I was exhilarated by a new sense of freedom." - The Independent

"It's the only method that works. Thank you!" - Ruby Wax

"Allen Carr's Easy Way to Stop Smoking Program achieved for me a thing that I thought was not possible - to give up a thirty year smoking habit literally overnight. It was nothing short of a miracle." Anjelica Huston

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Erin Marshall:

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Matthew Gregg:

Information is provisions for anyone to get better life, information nowadays can get by anyone with everywhere. The information can be a understanding or any news even a concern. What people must be consider if those information which is within the former life are challenging be find than now's taking seriously which one works to believe or which one often the resource are convinced. If you have the unstable resource then you get it as your main information there will be huge disadvantage for you. All of those possibilities will not happen with you if you take Allen Carr's Illustrated Easy Way for Women to Stop Smoking as your daily resource information.

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