

# [PDF] Allen Carr's Easy Way To Stop Smoking

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### Books Details:

Title: Allen Carr's Easy Way To Stop

Author: Allen Carr

Released:

Language:

Pages: 280

ISBN: 0615482155

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### Description:

Allen Carr's Easy Way to Stop Smoking is a self-help classic, with over 20m copies sold worldwide. It has been a #1 bestseller in nine European countries. It outsells all other quit smoking titles combined. This edition has been developed specifically for smokers in the US.

This seminal book has enabled millions of smokers to quit easily and enjoyably using Carr's simple,

drug-free approach.

(Allen Carr)

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