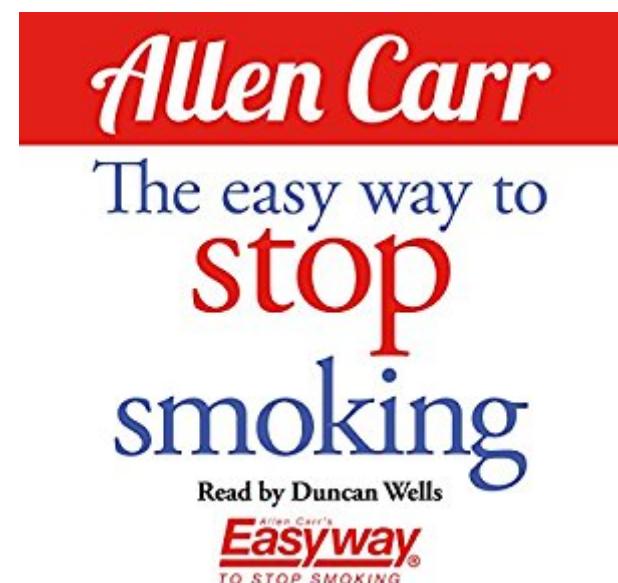


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# The Easy Way To Stop Smoking



## 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

Audible Audio Edition

Listening Length: 5 hours and 59 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Arcturus Publishing

Audible.com Release Date: November 6, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00PB8907A

Best Sellers Rank: #2 in Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #12 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #130 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

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