

EASYWAY TO STOP SMOKING%0A

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Introduction. Welcome to Allen Carr's Easyway to Stop Smoking, the world's most effective quit smoking program. This simple, drug-free approach is entirely unlike conventional cessation methods which rely on substitution and willpower.

[Allen Carr's Easy Way to Stop Smoking: Allen Carr ...](#)
After countless miserable attempts to quit, in 1983 he discovered what every smoker dreams of - an easy way to stop smoking. Carr is now widely regarded as the leading expert on stopping smoking. His books on the subject have sold over 5 million copies and an estimated 50,000 smokers attend his legendary clinics at 55 locations in 25 countries around the world. Customers who viewed this item:

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Quit smoking with the world's most effective method

[Allen Carr's Easy Way to Stop Smoking](#). Forget the patch, gum, hypnosis, acupuncture, cold turkey and Zyban, which 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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The seminar. The seminars are led by highly trained Allen Carr's Easyway facilitators, themselves former smokers who have quit using the Easyway To Stop Smoking. They are held regularly in th US in New York, Los Angeles and Denver and in Canada in Toronto and Vancouver.

[Easy Way to Stop Smoking - Indigo Chapters](#)

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

Many people think Allen Carr's Easyway is simply a series of tips on how to stop smoking to help smokers quit. It isn't. It's as if smokers are lost in a maze. They want to escape smoking but they don't know the correct directions.

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About Allen Carr's Easyway Internationally renowned for over 30 years, the method has helped over 30 million people to freedom in 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.