



# Stop Smoking Now

*Allen Carr*

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## **Stop Smoking Now** Allen Carr

Allen Carr's Easyway is the most successful stop-smoking method of all time. It has helped millions of smokers from all over the world quit instantly, easily, painlessly and permanently. Stop Smoking Now is the new, cutting-edge presentation of the method. Updated and set out in a clear, easy-to-read format, this book makes it simpler than ever before to get free.

Allen Carr's Easyway does not rely on willpower as it removes your desire to smoke. It eliminates the fears that keep you hooked and you won't miss cigarettes. It works both for heavy and casual smokers and regardless of how long you've been smoking. There are no gimmicks or scare tactics, you won't put on weight, and you can even smoke when you read.

**READ STOP SMOKING NOW AND BECOME A HAPPY NON-SMOKER FOR THE REST OF YOUR LIFE**

"A different approach. A stunning success." - The Sun

"Allow Allen Carr to help you escape painlessly today." - The Observer

"Allen Carr explodes the myth that giving up smoking is difficult." - The Times

"Instantly I was freed from my addiction. I found it not only easy but unbelievably enjoyable to stay stopped." - Sir Anthony Hopkins

"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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