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I quit smoking about a month ago  
after reading Allen Carr's Easy  
way for women to stop smoking. I  
knew going into it that I was

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going to quit on the day that I did no matter what. The first couple of days that I quit no book, patch, pill or anything other than a coma could have made easy. I was angry, I was aware that I wanted to be unkind.

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He wrote ten books which appeared as bestsellers on selected book ranking charts including his first book The Easy Way to Stop Smoking (1985). [ citation needed ] The success of

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the original London clinic, through word-of-mouth and direct recommendation, has led to a worldwide network of 100 Easyway clinics in 35 countries plus the production of audio CDs and DVDs.

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realize the ugly truth about the nature of your problem and deliberately undo your conditioni  
Allen Carr's Easyway is a fundamentally different approach to recovery than conventional substance recovery programs.

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tackles the biggest dietary threat  
to the modern world: addiction to  
refined sugar and processed  
carbohydrates. With the brilliant  
additional writing skills and

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illustrations of Bev Aisbett, you'll free yourself of addiction and enjoy better health, higher levels of energy, dramatically improved body shape and a happier, healthier lifestyle.

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**Quran and Salaah Easy Way**

...

About the Author Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY and went on to write a series of bestselling books, most famously The Easy

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