



# Allen Carr's Easy Way to Stop Smoking

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## **Allen Carr's Easy Way to Stop Smoking** Allen Carr

Allen Carr's hundred-cigarettes-a-day addiction drove him to despair until he discovered how to shake off the dependency. His company now owns a series of clinics, and his other books include THE ONLY WAY TO STOP SMOKING. This third revised edition includes comments and additional tips from Carr, together with a directory of his clinics.

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