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description About the Author. Allen Carr was chain-smoking 100 cigarettes a day, despite the fact that his sister, Marion, and his father had died prematurely of lung cancer. After repeated ...

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students. It's fun that  
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been designed to  
appeal to smokers who  
have failed to quit as  
well as non-smokers  
who want a loved one  
to stop smoking for  
good.

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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 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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## **Way To Stop Smoking Allen Carr's Easyway**

It's a great introduction to buying better quality lenses. And an excellent way of getting to grips with aperture. The article linked is a review and guide. I wrote it because I recommend this lens as the first upgrade for every beginner photographer to make. It's easy to use and, for the price,

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will yield some  
excellent results.  
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method has been  
clinically proven in two  
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trials. The results show  
it to be as good as, if  
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## **Easyway to Stop Smoking Programmes & Seminars - Allen Carr**

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