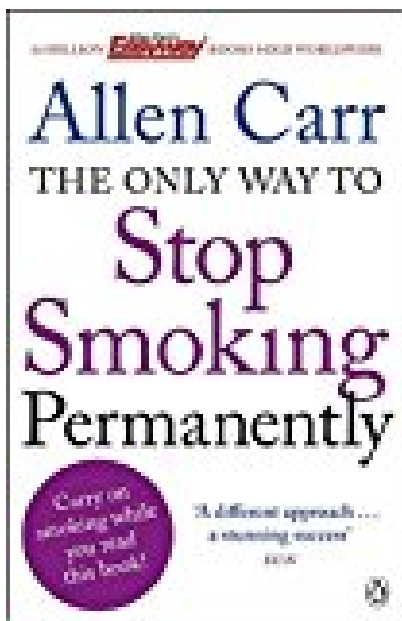


# The Only Way to Stop Smoking Permanently



## BOOK DETAILS

- Author : Allen Carr
- Pages : 480 Pages
- Publisher : Michael Joseph
- Language : English
- ISBN : 1405916389



## BOOK SYNOPSIS

Begin your new life as a non-smoker today. This book will help you: Find the right frame of mind to quit Avoid weight gain Simply and easily stop smoking Enjoy the freedom and choices of all non-smokers From Allen Carr, the worldwide bestselling author of Easy Way to Stop Smoking. I was exhilarated by a new sense of freedom. Independent This guys brilliant. And I havent smoked since. Ashton Kutcher Instantly I was freed from my addiction. Sir Anthony Hopkins

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