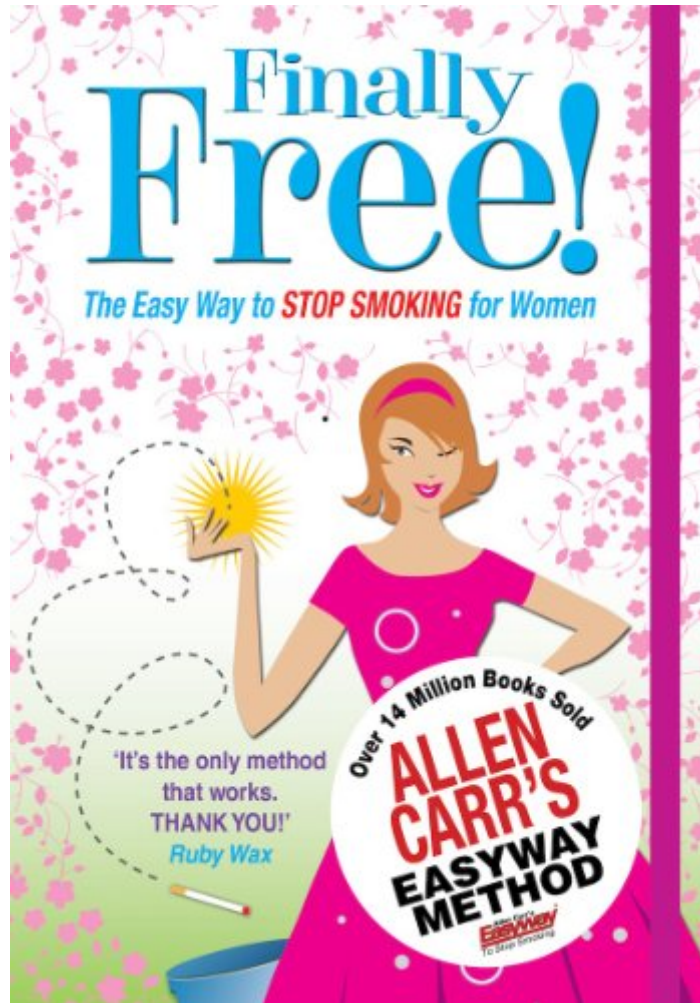


The book was found

Allen Carr's Finally Free! The Easy Way To Stop Smoking For Women



Synopsis

Allen Carr's Easyway is the most successful stop smoking method of all time. It has helped millions of smokers all over the world quit instantly, easily, painlessly and permanently. Finally Free! is a specially adapted, cutting-edge presentation of Allen Carr's Easyway method with accessible new text and design. Here, every aspect of smoking is examined from a female perspective, and answers are provided to every question and concern. Allen Carr's Easyway works both for casual and heavy smokers, and regardless of how long you have been smoking. There are no gimmicks or scare tactics, you won't put on weight, and you can even smoke while you read. "I stopped smoking" | I read this book by Allen Carr. Everyone who reads this book stops smoking! Ellen DeGeneres "For the first time in my adult life I am free!" Woman's Journal

Book Information

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Customer Reviews

Thank You so much for writing this book! First and foremost I thank God Almighty for helping me every step of the way, and secondly for this book. The book helps you to replace your mental position on smoking and never ever have the desire to smoke.

Allen Carr has simplified leaving this prison called smoking. Perhaps seeing the truth and only the truth, there is only one piece of evidence that is conclusive, there is a simpler way to stop smoking permanently

Finally quit, after 30 years of smoking on and off and lots of tries! Can't believe how easy it was, sure wish I would have found this years ago. Allen Carr's amazing positive attitude has also helped me quit drinking. I feel like I have a new lease on life.

I'm no longer a smoker after 38 years!!! If you really want to quit, it will work for you, too. It puts a whole new perspective on the silly habit.

I was the most 'confirmed' of the confirmed lifelong smokers. This is not a gimmick. This works. All you have to do is read it with an open mind. It took me 2 hours...the best 2 hours of my life thus far. I am finally free of this hideous addiction. Thank you, Allen Carr.

Very helpful. I am now a non-smoker. I have no desire to light up another cigarette again in my life.

Well didn't work found it too much about other people rather than giving up smoking but have now bought another earlier version so fingers crossed

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