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# Allen Carr's The Only Way To Stop Smoking Permanently

  
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# ALLEN CARR

# THE ONLY WAY TO

# STOP

# SMOKING

# PERMANENTLY

**TAKE BACK CONTROL OF YOUR LIFE**

From the internationally best-selling author of *Easy Way to Stop Smoking*



## Synopsis

Author of the most successful stop smoking method of all time, Allen Carr here further exposes the traps of smoking and provides smokers with the motivation to break free forever. This companion volume to Allen Carr's Stop Smoking Now and Allen Carr's Easy Way to Stop Smoking will help you:

- Achieve the right frame of mind to quit
- Avoid weight-gain
- Quit without dependence on rules or gimmicks
- Enjoy the freedom and choices that non-smokers have in life
- Quit without willpower

"I would be happy to give a medical endorsement of the method to anyone."

Dr PM Bray MB CH.b., MRCGP

Praise for Allen Carr's Easyway:

- "Allen Carr explodes the myth that giving up smoking is difficult."
- "The Times" - "A different approach. A stunning success."
- "The Sun" - "The Allen Carr method is totally unique."
- "GQ Magazine" - "His method is absolutely unique, removing the dependence on cigarettes, while you are actually smoking."
- "Richard Branson" - "I found it not only easy but unbelievably enjoyable to stay stopped."
- "Sir Anthony Hopkins"

## Book Information

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## Customer Reviews

If you are thinking about quitting, I highly recommend this book. It will change the way you think about smoking. I truly believe this, the patch, and an online support group is what made this last quit attempt final. I am writing this review over a year later and still smoke free. I feel great!

Best way to quit smoking hands down. It's been so long I can't remember being a smoker.

I read Easyway first, and it didn't do much for me. So I thought I would try Onlyway. YES YES YES!!! I am now a happy non smoker, I don't miss it, I don't crave it., it is wonderful. Allen Carr gets you to realize that you are not giving anything up. I was ready to have the final cigarette in the middle of the book. I can not thank Allen Carr enough for writing this book. I still can't believe how easy this book made it. NO weight gain, no irritability, no cravings, just Freedom!!! This book will save you. What have you got to lose by trying this method? Nothing to lose, everything to gain. The willpower method is a horrible way to quit, bravo if it worked for you. This way is much much easier . Thank you Thank you thank you for this book!!! It saved my life and I am much happier.

I started to read Allen Carr's book, because I knew he wrote the Easy way to stop smoking, but I wanted to have a more detailed view of the method.EASYWAY didn't work for me, but "Onlyway" did, definitely. Although it's a bit longer, the method is quite the same, but with more detailed explanation, with more examples for me it was easier to get "the right frame of mind"

A miracle book. My 50 years shackled to smoking is gone. I'm now free and feel great. Hard to believe it but it really is EASY. Read with an open mind and see what happens. No scare tactics. It's a very safe book to read and is entertaining. It kept my attention with no drudgery. Again this sounds over the top but i couldn't put it down.

After smoking for 20 years, I thought I would die a smoker. This book completely changed the way I felt about smoking. It really was easy to quit!

The only way I have been able to stop smoking. And it is so easy to do! If you smoke or use tobacco in any form (including the vaps and gums) READ THIS BOOK

I stopped over 12 years ago. When I got to the last page I was a non-smoker. It will work for you too. It also frees the poor slaves to alcohol and drugs IF THEY HAVE NEVER ATTENDED AA OÃƒÂœ NA MEETINGS. Those who have attended cannot get free using Carrs brilliant method

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[Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting\)](#)

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