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*'If you follow my instructions you will be
a happy non-smoker for the rest of*

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your life.' That's a strong claim from Allen Carr, but as the world's leading quit smoking expert, Allen was right to boast! This classic guide to the world's most successful stop smoking method is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain

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weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr has helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Praise for Allen Carr's

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Easyway: "I would be happy to give a medical endorsement of the method to anyone." - Dr PM Bray MB CH.b., MRCGP "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." -

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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

Short of time? Or have you stopped

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smoking and found it difficult or even impossible to stay stopped? If your answer to these questions is yes, then this is the book for you (even if you've tried and failed using Allen Carr's method in the past). Quit Smoking Boot Camp is a revolutionary and concise version of the world-famous Easyway

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method, delivered in short, punchy segments to help you quit with the minimum of fuss, with minimal effort, in a reassuringly regimented and speedy way. Four days is all it takes to transform your life. We recommend that you read this book over just four days (though you might choose to do it

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in less or even to take a little longer). Choose your start date and four days later you can be free. It's as simple as that. The Easyway Boot Camp will help you change your mindset and quit smoking, vaping, or using nicotine in any form easily and immediately. What people say about Allen Carr's Easyway

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method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

The first thing that most people do

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when they quit smoking is run to the doctor or emergency room and take all kinds of expensive tests just to have the doctor tell them that everything is fine, and the tests came out normal. Use Quit Smoking...Got Side Effects? as a reference guide to learn why you are having the symptoms, how long

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they will last and learn about natural, inexpensive remedies, so you don't have to suffer. Here's What's Inside: These remedies and tips will help you overcome almost every known side effect of quitting smoking that will save you time and money, as well as actually give you relief. -15 Proven

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Remedies -PLUS, 131 Tips There are hundreds of side effects covered in the book, but this is an overview of the list of side effects you may suffer from Digestive Difficulties Changes in Emotions Circulation Side Effects Sleep Changes Breathing Weight Changes Skin Changes Other Side

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*Effects READ WHAT OTHERS HAVE TO SAY ABOUT THE BOOK: "What an in-depth book loaded with helpful remedies that have taken away the painful, scary side effects. Thanks to you, I am still a non-smoker and I finally feel normal." Denise Sherman, Tacoma, WA USA *** After reading the*

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*book, I can't even begin to tell you how familiar and comforting all the stories sound. I still have issues after four months, but now I know what to do and I know I'm not alone." Jenn Lister, Anchorage, AK USA *** "I quit smoking 12 days ago cold turkey and I was pretty sure that I was going to die from*

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*the itching. Good to read that it is common because for a minute there I thought I picked up an allergy to my wife." Sam S., USA *** "I stopped smoking 4 weeks ago by going cold turkey and I have been to my doctor so many times that I think he must have thought I was going crazy. I now know*

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that I'm not crazy and how to treat the symptoms that I have and how long they will last and that I'm not dying."

Pierre Forte, Colmar, France

Presents the Easyway method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and practical advice on how

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to successfully break the habit.

*Doctor Sebi to Stop Smoking Made
Simple*

*New Updated Digest Version of the
Only Method That Has Helped 30
Million Smokers to Suppress Their
Cravings and Quit Smoking Tobacco -
Risk-Free!*

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Stop Smoking Now

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smoking is damaging your health?

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you've smoked all your life, if you've tried to quit many times before, or if you don't believe this system will work for you. All you have to do is follow Dr. McKenna's instructions fully and completely and he can help you to feel free of

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cigarettes.

Quit Smoking Today Without Gaining Weight Hay House, Inc Using a version of Alan Carr's revolutionary Easyway Method created expressly for women, Cesati focuses on issues such as

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weight gain, increased stress, and smoking during pregnancy--making this the perfect gift for any woman who lights up and wants to stop. You Really Can Quit - Now. This quit smoking best-seller has been

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translated into 10 languages and over 100.000 smokers have quit with it. Of course you like smoking; otherwise, it wouldn't be so hard to quit. Only when you truly understand why you smoke is it possible to stop smoking without

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feeling like you're giving up something. "Every smoker has his or her own personal beliefs, fears, and questions about quitting. This interactive coaching program, including the book, and a personalized app will support you

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in every aspect, every step of the way. I don't expect that every reader has already decided to quit smoking. This decision happens when questions are answered and fears are alleviated, and that's what this program is designed to

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do," says author Andreas Jopp. For those who are ready to quit, or ready at least to consider it, here is a modern handbook with a fresh approach. Gone are the days of quitting by willpower alone! Using the latest findings in addiction

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research, Jopp explains the thought patterns that keep millions from trying to and details the most successful strategies for quitting. Divided into 30 chapters (which can be read one per day leading up to quitting day, or at

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the reader's own pace), the book presents an appealing mix of evidence-based research and insight and guidance informed by Jopp's experiences as both an ex-smoker and a health coach who has already helped many

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thousands of smokers to stop smoking. Jopp never loses sight of what is most important for smokers to understand: exactly how nicotine induces both physical and psychological dependence and by knowing all this, how to break

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free. Additionally, readers can download a free mobile app that lets them track and share their progress. Andreas Jopp's comprehensive approach and straightforward guidance will help anyone kick the habit for good! DO

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YOU LIKE SMOKING? How does nicotine change your brain and your feeling of satisfaction? How do additives makesmoking even more addictive? SMOKING AND THE MIND Why do smokers have more frequent mood and

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***Finally! A methodical
way of quitting smoking***

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*forever that doesn't
require special drugs,
gimmicks, or even
replacement techniques.
Worldwide, cigarette
smoking causes up to 5
million fatalities every*

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*year. It is estimated
that 1 out of every 13
people under age 17 will
die prematurely due to
smoke-related illness.
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stop! This program uses*

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- How to deal with
stress during cravings
Start immediately and
get back on the road to
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life!

*Allen Carr's 100
cigarettes-a-day
addiction drove him to
despair, but, after
countless attempts to
quit, he eventually*

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*kicked the habit. This
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THEY WANT TO QUIT
SMOKING? "I'm a doctor
and I've been a chain
smoker for 12 years.**

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*Then, on March 2, 1991,
I discovered Allen
Carr's method. I lost my
craving to smoke the
same day and I've never
touched a cigarette
since! As a throat*

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*surgeon, I can testify
to the serious damage
that smoking causes.
Allen Carr's method is
the only one I've been
recommending for 28
years to my patients. I*

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*strongly believe that
any smoker who wants to
quit smoking should at
least try it, especially
now, as it's available
in a new updated Pareto
version."* Dr R. Oliver

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**MANY DOCTORS, WHO WERE
ONCE HEAVY SMOKERS,
STOPPED SMOKING THANKS
TO ALLEN CARR. SO, IT'S
NO SURPRISE WHY THEY
RECOMMEND HIS METHOD TO
THEIR PATIENTS: "MY**

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*DOCTOR RECOMMENDED IT TO
ME as I broke down in
tears in his office. I
felt I just could not
stop smoking. Today, I'm
smoke-free and SO
HAPPY!" Bernadette C.,*

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**NY "MY DOCTOR
RECOMMENDED IT, AS SHE
WAS UNABLE TO QUIT WITH
ANY OTHER METHOD EXCEPT
THIS ONE. She didn't
believe it would work,
but it did." Michelle**

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**S., USA AFRAID OF
WITHDRAWAL SYMPTOMS? OR
GAINING WEIGHT? READ
WHAT DR CARMEN G.
ROMANIA HAS TO SAY: "I
used to smoke. In my
previous attempts, I did**

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*put on some pounds - and
I started smoking again.
But not with this
method: YOU WILL NOT
GAIN WEIGHT, NOT BE
NERVOUS, NOT FEEL
DEPRIVED, NOT ENVY*

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***SMOKERS. You will be
free and happy." BEEN
SMOKING FOR 10 YEARS OR
MORE? A PACK OR MORE PER
DAY? READ THIS: "After
being a pack a day
smoker for 20 years.***

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**SINCE I STOPPED SMOKING,
I HAVE LOST 20 LBS AND
FOUND THE WOMAN OF MY
DREAMS." D. C., NYC, NY
"AFTER BEING A SMOKER
FOR 20 YEARS, IT'S BEEN
OVER 11 YEARS SINCE I**

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***BECAME A NON-SMOKER and
I don't miss it at all.
I RUN ULTRA-MARATHONS
NOW!" Marina D., USA "I
QUIT A 3 PACK A DAY
ADDICTION. IT'S NOW BEEN
OVER 10 YEARS SINCE I'VE***

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**HAD A CIGARETTE. I'VE
BECOME A HAPPY, HEALTHY
FATHER, AND TAKEN UP
100+ MILE CYCLING RIDES.
This system is amazingly
simple and, best of all,
it works." Mr. K. K.,**

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MUCH TO QUIT? READ THIS:
"This is amazing to me,
as I REALLY DIDN'T WANT
TO QUIT SMOKING BECAUSE
I LOVED IT SO MUCH.
Still, I decided to give**

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LATER, I'M STILL SMOKE
FREE!! It was way easier
than I ever dreamed it
could be. I never used
any drugs or other
smoking aids." Kris J.,*

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version of his method
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version of Allen Carr's
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smoking. Invest ONLY ONE
HOUR to read it. If, by
the end of the day (4
days max.), your craving*

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*to smoke has not
completely disappeared
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willpower and without
gaining weight. Or, if
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various ways to stop
smoking without success
it may sound strange
that you can stop
smoking just by reading
a short book. But, what*

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*do you have to lose? And
what do you have to
gain? Now, the choice is
yours.*

*Allen Carr was a chain-
smoker, who used to get
through 100 cigarettes a*

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*day until he discovered
the 'Easyway to Stop
Smoking' in 1983. His
method involves a
psychological
reappraisal of why
people smoke as well as*

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*understanding the subtle
and pervasive nicotine
trap and how it works.*

*The Smart & Easy Guide
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smoking for life and not use food as a substitute. Kathy teaches you great tips and techniques so you can visualize, hypnotize and Quit Smoking at your own pace. You will learn to take control of the old habits and not allow the cigarette

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well. Quitting is not hard, it's your habits and thoughts that need to change. This book will show you new ways to handle everyday life without a cigarette. Stop giving your money to the big corporations that make cigarettes and save your life

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and your money too. Kathy Lindert quit smoking in 1987 and never went back using many of these techniques. If she can quit, you can too!

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weight in the process as you deal with the withdrawal symptoms of quitting smoking? And have you recently come across information suggesting there is a diet that can help you quit smoking and are wondering how exactly that is even

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wildly possible? If you've answered YES, keep reading... You Are About To Discover How It Is Wildly Possible To Use Diet To Quit Smoking, For Good And Effectively Deal With All The Withdrawal Symptoms That May Come, Keep

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metabolism, and comfort eating as a result of the emotional imbalance and so on. Considering the negative effects smoking has on the body, gaining weight often makes things worse and puts your life at a higher risk. So I understand your concern,

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and are confident that you can leverage the power of Dr. Sebi's diet would work for you based on its detoxification and weight management benefits. But I know that you might often ask yourself: Who is Dr. Sebi? What does his diet

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look like? How does his diet help in quitting smoking and managing body weight? What foods does he recommend eating or quitting? Is the diet really effective or is it like these other fads sprouting every day? To answer these and many more

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questions, and show you how you can change your life with one of the best diets on the planet is this simple beginners' book. Here's a tiny bit of what you'll learn from it: Who Dr. Sebi is Dr. Sebi's approach to successfully quitting smoking and

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why it is effective Why detox and revitalizing your body is important What you should eat or avoid to detox your body Dr. Sebi's recipes to help you quit smoking Why Dr. Sebi's diet is effective and why you should get started with it

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immediately ...And much, much more! Smoking appears to change the distribution of fat in the body, and when you quit smoking, it's possible to experience accelerated weight gain. The best weight management approach when you

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begin the process of quitting has to be able to keep you healthy while helping you burn fat and get rid of the stored toxins. Dr. Sebi's diet clearly has a good reputation in that regard, and all you need is a helping hand to guide you through it. Even if

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that keep you hooked and you won't miss cigarettes. It works both for heavy and casual smokers and regardless of how long you've been smoking. There are no gimmicks or scare tactics, you

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won't put on weight, and you can even smoke when you read. Allen Carr's books have sold over 15 million copies to date in more than 40 different languages and Stop Smoking Now is the newest

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presentation of the Easyway message, updated for the 21st century but still centred on the world's most effective stop-smoking programme—the tried and tested Easyway method, 'the one that works'. The Allen

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Carr method has been presented here in a lively, informative and streamlined way. This book brings the original Easyway concept bang up do date, incorporating lessons that have been

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For anyone who has ever struggled to kick the nicotine

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habit, this is the book for you. The simple yet highly effective method outlined in Kill the Addiction has been proven to help people stop smoking permanently-without quitting. "I smoked for 16 years and

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never was able to quit, even for a day. Not having to quit was what made me look into it. Did it all in ten days and have not had a puff in a year. I never will again. My doctor couldn't believe it. I gave him a copy of

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the method and he made copies for his waiting room. Hope you don't mind. Thanks, John." - Gentleman ex-smoker from Atlantic City area
With this method, each hour, each day, the strength of your

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addiction grows weaker and weaker. The little cravings decrease in strength and frequency as you become stronger and stronger and are able to chase them away in seconds. Eventually, they

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disappear completely. You will succeed, it will be permanent, and it will change your life completely. And it will be easy!

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or even months, and then fall back into temptations caused by stress or other factors. Even more frightening is the fear of gaining weight once you do it. Over 1 billion people in the world smoke (roughly

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20% of the world's population) and a study says that over 65% have tried to quit in recent years without success. Fortunately, Dr Sebi has found a revolutionary way to quit smoking, detoxify the body,

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and eliminate the hunger that leads to weight gain. In his decades of healing practice, he has managed to harness the power of some miraculous herbs. This eventually allowed many of his followers to quit

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- Are you afraid to even try quitting again after so many failed attempts? In this controversial book one woman shares how she stopped smoking cigarettes - quickly and easily and without gaining

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weight. It is not a book about ending nicotine addiction.

Rather, this quick little guide considers tobacco harm reduction by examining various smokeless options.

The author - a smoker for over

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40 years - was among the many smokers afraid to even try quitting after so many failed quit attempts. This is a no-fluff booklet (approximately 30 pages) where the author shares her reasons, decision

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making process, and her experience of becoming smoke free by switching. She offers tips and ideas for anyone that really needs to quit smoking, but believes they can't. An action checklist

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is included to help get you on your way if switching is the answer to your immediate need to stop smoking. Prefer to listen to this book in audio format? Readers can get a free mp3 audio version of this

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want to quit the Easyway™. Allen Carr discovered the Easyway™ to stop smoking in 1983—after his three-decade-long, 100-cigarette-a-day addiction had driven him to despair. First published in 1985, *The Easy Way to Stop Smoking* has sold over six million copies

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worldwide and has been translated into more than twenty languages.

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address the imbalances
that are at the core of
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