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About The Author. Allen Carr (1934-2006) was a chain-smoker for over 30 years. In 1983, after countless failed attempts to quit, he went from 100 cigarettes a day to

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Product Details: Paperback: 256 pages Publisher: Arcturus Publishing (September 30, 2009) Language: English ISBN-10: 1848374658 ISBN-13: 978-1848374652

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The Allen Carr s Easyway approach has also been applied to tackle other problems including alcohol, weight, drug addiction, worrying and fear of flying. Quick Links.

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