



Allen Carr's Easy Way to Stop Smoking: Revised Edition

By Allen Carr



Allen Carr's Easy Way to Stop Smoking: Revised Edition By Allen Carr

Allen Carr's Easy Way to Stop Smoking is the one that really works. It is the world's bestselling book on how to give up smoking and over nine million copies have been sold worldwide. 2015 marks the 30th anniversary since this groundbreaking book's first publication. 'It didn't take any willpower. I didn't miss it at all and I was free' Ruby Wax Read this book and you'll never smoke another cigarette again. THE unique method: No scare tactics No weight-gain The psychological need to smoke disappears as you read Feel great to be a non-smoker Join the 25 million men and women that Allen Carr has helped give up smoking. 'Achieved for me a thing that I thought was not possible - to give up a thirty-year smoking habit literally overnight. It was nothing short of a miracle' Anjelica Huston 'Instantly I was freed from my addiction. I found it not only easy but unbelievably enjoyable to stay stopped' Sir Anthony Hopkins

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Editorial Review

Review

"Allow Allen Carr to help you escape painlessly today." --Observer

"A different approach. A stunning success." --Sun

"I was exhilarated by a new sense of freedom." --Independent

About the Author

Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY and went on to write a series of bestselling books, most famously The Easy Way to Stop Smoking. Now, over 13 million stop smoking books have been sold in 57 countries and 38 languages around the world. Allen's lasting legacy is a dynamic, on-going, global publishing programme which helps treat a range of issues including smoking, weight, alcohol and other drug addictions.

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Teresa Thomas:

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