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[A Review of Allen Carr's The Easy Way to Stop Smoking](#)

Allen Carr's book The Easy Way to Stop Smoking has sold millions of copies and is considered a real tool to help folks quit smoking. Here is Quit Smoking Community's review of Mr. Carr's book.

[Full PDF of Allen Carr's Easy Way to Stop Smoking - reddit](#)

I must admit, I don't know much about Carr or the book as I didn't use it when I quit. I suppose I should just write this off as a positive, since it really is giving more people the opportunity to quit!

[Top Ten Tips on How to Stop Smoking - Allen Carr's Easyway](#)

Many people think Allen Carr's Easyway is simply a series of tips on how to stop smoking to help smokers quit. It isn't. It's as if smokers are lost in a maze. They want to escape smoking but they don't know the correct directions.

[Allen Carr's Easy Way To Stop Smoking ... - Indigo Chapters](#)

Allen Carr was a chain smoker for over thirty years. In 1983, after countless miserable attempts to quit, he discovered what every smoker dreams of an easy way to stop smoking.

[How to Quit Smoking by Using an Allen Carr Book: 14 Steps](#)

Reading Allen Carr's The Easy Way to Stop Smoking can be a positive experience if you're looking to end your relationship with tobacco. The book, written by a former chain-smoker, has sold 15 million copies in its 30 years on the market.

[The Easy Way to Stop Smoking Audiobook | Allen Carr ...](#)

Allen Carr's Easyway is the most successful self help stop-smoking method of all time. It has helped millions of smokers from all over the world quit instantly, easily and painlessly. It has helped millions of smokers from all over the world quit instantly, easily and painlessly.

[How To Stop Smoking - Allen Carr's Easyway](#)

When you quit with Allen Carr's Easyway you don't feel like you are missing out on anything. It's almost as if you never smoked. This means you are free to socialise with smokers even while they smoke and you will not envy them.

[Amazon.com: Customer reviews: Allen Carr's Easy Way To ...](#)

Allen Carr's Easy Way to Stop Smoking: Revised Edition, by Allen Carr. \$12.54. 4.6 out of 5 stars 3,238. Allen Carr

s Easy Way for Women to Quit Smoking: Be a Happy Non-Smoker, by Allen Carr. \$10.19. 5.0 out of 5 stars 3.
The Easy Way to Stop Smoking: Join the Millions Who Have Become Non-Smokers Using Allen by Allen Carr. \$21.98. 4.6 out of 5 stars 3,238. Allen Carr's Easy Way for Women

Allen Carr - Stop Smoking/Vaping, Stop Drinking & Other ...

Allen Carr's Easyway centres have a 90% success rate based on 3 month money back guarantee for their stop smoking, alcohol and quit drugs programmes. [Read more](#)
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