



Your Personal Stop Smoking Plan: The Revolutionary Method for Quitting Cigarettes, E-Cigarettes and All Nicotine Products

Allen Carr

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Allen Carr's Easyway method has helped millions of people to stop smoking.

This is the first ever interactive Allen Carr book. By regularly interacting with the text in an easy yet dynamic and measurable way you begin to write the story of how you came to smoke. By understanding why you continue to smoke in spite of the obvious disadvantages, you are able to follow the simple step-by-step instructions that set you free. No pain. No drama.

This eBook edition includes the same interactive exercises as the printed edition, but those elements can also be downloaded and printed out at your convenience. Together with the eBook, they form Your Personal Plan!

READ THIS BOOK AND BECOME A HAPPY NON-SMOKER AND
NICOTINE-FREE FOR THE REST OF YOUR LIFE

CARRY ON SMOKING WHILE YOU READ
A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER
REMOVES THE DESIRE FOR NICOTINE
STOP EASILY, PAINLESSLY AND PERMANENTLY
REGAIN CONTROL OF YOUR LIFE
WORKS FOR ALL NICOTINE ADDICTION, INCLUDING E-CIGARETTES

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