

EASYWAY TO QUIT SMOKING%0A

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[Allen Carr's Easyway to Stop Smoking > Home](#)
Quit smoking with the world's most effective method
Allen Carr's Easy Way to Stop Smoking. Forget the patch, gum, hypnosis, acupuncture, cold turkey and Zyban, which have success rates of less than 10%. Easyway uses cognitive therapy to remove the desire to smoke. With no desire to smoke, it doesn't take willpower not to do so.
[Allen Carr's Easyway to Stop Smoking > About > The Easy ...](#)

Introduction. Welcome to Allen Carr's Easyway to Stop Smoking, the world's most effective quit smoking program. This simple, drug-free approach is entirely unlike conventional cessation methods which rely on substitution and willpower.

[Allen Carr's Easy Way to Stop Smoking: Allen Carr ...](#)
The book was recommended by our family Doctor after talking to him about trying to quit smoking without medication. It worked and helped my wife stop smoking. She said it helped to put her in the right mindset to help her reach her goal.

[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.

[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.

[Quitting Smoking Is Easy When It's Easy | Outside Online](#)

Quitting Smoking Is Easy When It's Easy Rick Paulas takes a look at Allen Carr's The Easy Way to Stop Smoking and wonders if the author might actually be right. Crushed cigarettes.

[Allen Carr's Easyway to Stop Smoking > Online](#)
Quit smoking with the world's most effective method
Allen Carr's Easy Way to Stop Smoking. Forget the patch, gum, hypnosis, acupuncture, cold turkey and Zyban, which have success rates of less than 10%. Easyway uses cognitive therapy to remove the desire to smoke. With no desire to smoke, it doesn't take willpower not to do so.
[Allen Carr's Easy Way To Stop Smoking: Allen Carr ...](#)
Allen Carr was an accountant and smoked 100 cigarettes a day until he gave up and wrote this bestselling book. He

has built a hugely successful network of stop-smoking clinics across the world and is the author of *The Only Way to Stop Smoking*, *How to Stop Your Child Smoking*, *The Easy Way to Enjoy Flying* and *The Easyweigh to Lose Weight*.

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 techniques Carr suggests have worked for many looking for help quitting smoking.

What Happens The Moment You Quit Smoking. Step by Step

To actually quit smoking, it's tough. 70% of smokers actually want to stop smoking, but don't. In fact, only 7% of smokers successfully stop smoking on their first try (1).