



Allen Carr's Easy Way to Stop Smoking

Allen Carr

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'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading quit smoking expert, Allen was right to boast!

This classic guide to the world's most successful stop smoking method is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it.

Allen Carr has helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Accept no substitute. Ten million people can't be wrong.

"I would be happy to give a medical endorsement of the method to anyone." Dr PM Bray MB CH.b., MRCGP

Praise for Allen Carr's Easyway:


"Allen Carr explodes the myth that giving up smoking is difficult" – The Times

"A different approach. A stunning success" – The Sun

"The Allen Carr method is totally unique." GQ Magazine

"His method is absolutely unique, removing the dependence on cigarettes, while you are actually smoking."
– Richard Branson

"I found it not only easy but unbelievably enjoyable to stay stopped." – Sir Anthony Hopkins

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