

Allen Carrs How To Be A Happy Non Smoker

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Allen Carrs How To Be

The Allen Carr's Easyway to Stop Smoking books are by far the biggest selling and most successful year in and year out over the last 30 years. However, seminars are by far the most effective way of stopping - hence why Allen Carr's Easyway to Stop Smoking are able to offer the unique money back guarantee.

How to Stop Smoking - Allen Carr's Easyway

Smokers following Allen Carr's Easyway were about 6 times more likely to be abstinent, assessed after 13 months, compared to similar smokers in the general population. Dijkstra, A., Zuidema, R., Vos, D., Van Kalken, M., The effectiveness of the Allen Carr smoking cessation training in companies tested in a quasi-experimental design.

Allen Carr's Easyway | Set Yourself Free

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