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How to Stop Smoking with Allen Carr's Easyway on Sky News part 2 of 2 **Chapter 1 –EASYWAY TO STOP SMOKING (Allen Carr) –SERIES** How to Stop Smoking with Allen Carr's Easyway on Richard \u0026amp; Judy *The Nicotine Trap...Allen Carr explains How I stopped smoking cigarettes cold turkey - my journey* **How to Stop Smoking - A Personal Message from Allen Carr** Allen Carrs Finally Free The Allen Carr's Easyway is a global phenomenon. It has helped millions of smokers from all over the world. Finally Free! is a specially adapted, cutting-edge presentation of Allen Carr's Easyway method with accessible new text and design. Here, every aspect of smoking is examined from a female perspective, and answers are provided to every question and concern.

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Allen Carr's Finally Free!: The Easy Way to Stop Smoking ...

There are a number of ways of using Allen Carr's Easyway method all of which will enable you to be free easily, painlessly and without the need for willpower. Our seminars are the most effective way of accessing the method and are led by experienced Allen Carr's Easyway therapists who have successfully used the method to be free.

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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

About Allen Carr's Easyway. Internationally renowned for over 30 years, the method has helped over 50 million people to freedom in over 50 countries worldwide. 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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Books –Allen Carr's Easyway

Carr finally stopped smoking on 15 July 1983, aged 48, after a visit to a hypnotherapist. However, it wasn't the hypnotherapy itself that enabled him to stop – "I succeeded in spite of and not

because of that visit" and "I lit up the moment I left the clinic and made my way home...".

Allen Carr –Wikipedia

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