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The Easy Way  
For Women  
To Stop  
Smoking For  
Women

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Lessons to Learn

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~~10 MINUTES) How to~~

~~Stop Smoking - BBC~~

~~Documentary: Allen~~

~~Carr - the man who~~

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~~Smoking Quit~~

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~~MINUTES with Allen~~

~~Carr ' s Easy Way To~~

~~Stop Smoking~~

~~(personal story)~~

~~/"Finally Free /" - by~~

~~Heath Lambert - Book~~

~~Review How To Quit~~

~~Smoking - The Easy~~

~~Way To Stop Smoking~~

~~- What I Read The~~

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Easy Way to Stop  
Smoking (Hypnosis)  
Breaking the Cycle of  
Alcohol: Allen Carr

Book Review |

~~HEYKACKIE Ashton~~

~~Kutcher on how to~~

~~Stop Smoking Allen~~

~~Carr's Easyway~~

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Does nicotine  
withdrawal really last  
for months or years?

~~Best Stop Smoking~~

~~Hypnosis Session~~

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~~Hypnosis to Stop  
Smoking for Life A  
simple way to break a  
bad habit | Judson~~

~~Brewer Quit Smoking~~

~~OVERNIGHT - Sleep~~

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~~Sleep Affirmations (2  
hrs) Quit Now Session~~

~~What Happens When  
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~~14 Things That  
Happen to Your Body  
When You Quit~~



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~~Smoking (Don't~~ The

~~Avoid)~~ How I Quit

Smoking (and why it

matters to you) HOW

TO QUIT SMOKING IN

12 HOURS THE EASY

METHOD Four

Months Without

Alcohol - The Easy

Way to Stop Drinking

5 Things Nobody tells

You Will Happen

When You Quit

Smoking REVIEW:

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Allen Carr's Easy Way  
to Stop Smoking Easy  
~~way to quit smoking~~  
~~review - Allen Carr's~~  
~~method~~

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How to Stop Smoking  
with Allen Carr's  
Easyway on Sky News  
part 2 of 2Chapter 1-  
~~EASYWAY TO STOP~~  
~~SMOKING (Allen Carr)~~  
~~-SERIES~~ How to Stop  
Smoking with Allen  
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~~Richard /u0026 Judy~~

The Nicotine  
Easy Way To

Trap...Allen Carr  
explains How I

stopped smoking

cigarettes cold turkey

- my journey How to

Stop Smoking - A

Personal Message

from Allen Carr Allen

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Allen Carr's Easyway

is a global

phenomenon. It has

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helped millions of  
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the world. Finally  
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method with  
accessible new text  
and design. Here,  
every aspect of  
smoking is examined  
from a female  
perspective, and

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Answers are provided  
to every question and  
concern.

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Easyway is the most  
successful stop-  
smoking method of  
all time. It has helped  
millions of smokers  
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quit instantly, easily,  
painlessly and  
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to every question and  
concern.

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smoking is examined  
from a female

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perspective, and  
answers are provided  
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concern.

For Women

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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

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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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Easyway & The~~

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Smokers following  
Allen Carr ' s  
Easyway were about  
6 times more likely to  
be abstinent,

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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.

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~~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



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based on 3 month  
money back  
guarantee for their  
stop smoking,  
alcohol and quit  
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The Illustrated Easy  
Way for Women to  
Stop Smoking. The  
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Your Personal Stop  
Smoking Plan. No  
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Personal Stop The

Smoking Plan. Allen

Carr's Easy Way to

Quit Smoking

Without Willpower -

Incudes Quit Vaping.

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Carr finally stopped

smoking on 15 July

1983, aged 48, after a

visit to a

hypnotherapist.

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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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