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In The Illustrated Easy Way to Stop Smoking, Allen Carr debunks the myths about smoking and shows you the way to beat your addiction. With the brilliant writing skills and illustrations of Bev Aisbett, Allen Carr's international best-selling Easyway method is presented here in a truly refreshing, accessible, dynamic and enjoyable way.

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### Allen Carr - Wikipedia

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When time allows, I always opt to draw these illustrations step-by-step with my students. It's fun that way! When time is short, presenting pre-drawn illustrations on an overhead projector can be a good alternative. With this method, you start with a basic drawing and then annotate it with important features.

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READ NOW DOWNLOAD. The Illustrated Easyway for Women to Stop Smoking Book Summary : Allen Carr and Bev Aisbett present a humorous comfort zone for smokers. This book been designed to appeal to smokers who have failed to quit as well as non-smokers who want a loved one to stop smoking for good.

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I quit smoking about a month ago after reading Allen Carr's Easy way for women to stop smoking. I knew going into it that I was going to quit on the day that I did no matter what. The first couple of days that I quit no book, patch, pill or anything other than a coma could have made easy. I was angry, I was aware that I wanted to be unkind.

### **Allen Carr's Easy Way for Women to Stop Smoking**

It's a great introduction to buying better quality lenses. And an excellent way of getting to grips with aperture. The article linked is a review and guide. I wrote it because I recommend this lens as the first upgrade for every beginner photographer to make. It's easy to use and, for the price, will yield some excellent results. Composition

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Allen Carr's Easyway method has been clinically proven in two randomised controlled trials. The results show it to be as good as, if not better than the UK's gold standard NHS 1-1 Stop Smoking Service 1 and almost twice as effective as the Irish Governments Quit.ie service 2.It does not require the use of any drugs or nicotine products.

### **Easyway to Stop Smoking Programmes & Seminars - Allen Carr**

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