

## The Little Book Of Quitting Penguin Health Care Fitness

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### The Little Book Of Quitting

Allen Carr's international bestseller, *The Easy Way to Stop Smoking*, has sold more than six million copies worldwide and helped to turn countless smokers into nonsmokers. *The Little Book of Quitting* crystallizes 120 key points of the Easyway™ method in a concise and readily accessible format. Carr's method can enable any smoker to quit easily, painlessly, and permanently without needing willpower, suffering withdrawal pangs, feeling deprived, or gaining weight.

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Allen Carr's international bestseller, *The Easy Way to Stop Smoking*, has sold more than eleven million copies worldwide and helped to turn countless smokers into non-smokers. *The Little Book of Quitting* crystallizes 120 key points of the Easyway method in a concise and readily accessible format. Carr's method can enable any smoker to quit easily and painlessly without needing willpower, suffering withdrawal pangs, feeling deprived, or gaining weight.

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Like most great sounding platitudes, they aren't complete or in-depth This book, *The Dip: A Little Book That Teaches You When to Quit (and When to Stick)*, teaches you that you need to quit strategically under two major conditions, you are in a cul-de-sac (dead end) or about to face a cliff.

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READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway is the most successful stop-smoking method of all time. It has helped millions of smokers from all over the world to quit. In Quit Drinking Without Willpower, Allen Carr's Easyway method has been applied to problem drinking. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, he shows you how to escape from the alcohol trap.

### **Allen Carr's Quit Drinking Without Willpower: Be a happy ...**

The Little Book of Bonsai helps you develop your vision, see nature at its best, and re-create it in a smaller size. With Dupuich as your guide, your bonsai journey can begin!" —Kathy Shaner, curator of the Bonsai Garden at Lake Merritt in Oakland, California

### **The Little Book of Bonsai: An Easy Guide to Caring for ...**

Synopsis At last, a "Little Book of Quitting", containing more than 100 inspirational and memorable phrases to reinforce Allen Carr's successful message. This is a perfect gift book and impulse purchase for those who want to give up or for people eager to help smokers kick the habit.

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### **The Little Book of Quitting : Allen Carr : 9780140289008**

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### **The Little Book of Quitting**

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### **The little book of quitting (eBook, 2005) [WorldCat.org]**

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Best book. I quit after reading, haven't smoked a single cigarette since. My husband was a pretty heavy smoker as well, he read it and quit also despite being very skeptical at first (he hasn't smoked in over a year). I recommend it to a lot of friends. The hard part is getting them to actually read it.

### **Full PDF of Allen Carr's Easy Way to Stop Smoking ...**

The Benefits of Quitting Weed. If you've been smoking weed for a while, you've probably started to feel like weed is a part of who you are. You're the funny guy who makes sarcastic comments about

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**13 Benefits of Quitting Weed That Will Blow You Away**

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