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Stop Smoking And Quit E-Cigarettes

Allen Carr
EASYWAY EXPRESS
STOP
SMOKING
& QUIT E-CIGARETTES
Read by RICHARD MITCHLEY
Easyway
TO STOP SMOKING



Synopsis

Allen Carr's Easyway method is the most effective stop-smoking method of all time, and this audiobook is a super-fast yet comprehensive version of the method. Even better, this book is designed to set you free from any form of nicotine addiction - whether it's cigarettes, e-cigarettes, or any other nicotine product. Get free from nicotine easily, immediately and permanently No need for willpower, cigarette substitutes or gimmicks This is the way to quit without gaining weight Regain control of your life

Book Information

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Smoking #627 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance

Abuse #1053 in Books > Audible Audiobooks > Health, Mind & Body > Psychology

Customer Reviews

This book has been vital in helping me reframe the scary idea of quitting smoking into the best decision of my life. I am so thankful it was recommended and that I took the time to read it during this transition. It's great. I couldn't stop reading. Carr is funny and very matter of fact which is refreshing.

I quit.

Very helpful

not so good

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