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and over nine million copies have been sold worldwide. 2015 marks the 30th anniversary since this groundbreaking book's first publication. Read this book and you'll never smoke another cigarette again.

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To successfully
resolve them. By
revealing what
makes us eat too
much and how we
can break free,
readers are
empowered to take
control of what
they eat, without
all the feelings of
deprivation and
frustration
associated with

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Easyway Method has helped millions of people around the world

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bestselling 'Easy Way to Stop Smoking' has been published in over 40 languages and sold more than 12 million copies.

There are Easyway clinics in over 50 countries around the world.

Easy Way to
Control Alcohol

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(Allen Carr's Easyway): Amazon

Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY and went on to write a series of bestselling books, most famously The Easy Way to Stop

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until he discovered
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Top 6 Tips on How to Stop Drinking Alcohol Now - Allen Carr's Easyway.

Written by: John Dicey & Paul Baker

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copies sold worldwide. It has been a #1 bestseller in nine European countries. It outsells all other quit smoking titles combined.

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Allen Carr 2

September 1934

London, England:

Died: 29 November

2006 (aged 72)

Near Málaga,

Spain: Occupation:

Author,

accountant:

Nationality: British:

Genre: Self-help:

Notable works: The

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Smoking (1985)
Website;
www.allencarr.com

Allen Carr -
Wikipedia

Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY. Having cured his own addiction he went

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Allen Carr to write a series of bestselling books, most famously *The Easy Way to Stop Smoking*. His books have sold more than 13 million copies worldwide.

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Easyway to Stop Smoking in Ireland
Allen Carr's Easyway

Organisation has been helping smokers stop smoking since 1985. It uses no gimmicks or aids, is equally effective for heavy or casual smokers, and requires little or no

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willpower and you need not even put on weight.

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Allen Carr reveals the truth - that it can be easy and even enjoyable to quit! The Easyway method is a global

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established himself as the world's greatest authority on helping people stop smoking and his internationally best-selling Easy Way to Stop

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Allen Carr Quotes
(Author of The Easy Way to Stop

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(Smoking)

Allen Carr was an accountant and smoked 100 cigarettes a day until he gave up and wrote this bestselling book. He has built a hugely successful network of stop-smoking clinics across the world and is the author of The Only

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Way to Stop Smoking, How to Stop Your Child Smoking, The Easy Way to Enjoy Flying and The Easyweigh to Lose Weight. In 2004 Allen published his bestselling autobiography ...

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works by
unravelling the
brainwashing that
leads us to desire
the very thing that
is harming us,
meaning that we
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