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About the Author. Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY. Having cured his own addiction he went on to write a [industrial accident prevention: a safety management approach.pdf](#)

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Overview. Have you ever heard a smoker say it was easy-even enjoyable-to quit smoking? Allen Carr says so in this updated, 20th anniversary edition of his [generation unbound: drifting into sex and parenthood without marriage.pdf](#)

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The Easy Way to Stop Smoking is a self-help book written by British author and accountant Allen Carr. The book aims to help people quit smoking, offering a range of

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The easy way to stop smoking: allen carr, simon prebble

Allen Carr s innovative Easyway method which he developed after his own 100-cigarette-a-day habit nearly drove him to despair has helped millions kick smoking