



Allen Carr's The Only Way to Stop Smoking Permanently

Allen Carr

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Author of the most successful stop smoking method of all time, Allen Carr here further exposes the traps of smoking and provides smokers with the motivation to break free forever.

This companion volume to Allen Carr's Stop Smoking Now and Allen Carr's Easy Way to Stop Smoking will help you:

- Achieve the right frame of mind to quit
- Avoid weight-gain
- Quit without dependence on rules or gimmicks
- Enjoy the freedom and choices that non-smokers have in life
- Quit without willpower

"I would be happy to give a medical endorsement of the method to anyone." Dr PM Bray MB CH.b., MRCGP

Praise for Allen Carr's Easyway:

"Allen Carr explodes the myth that giving up smoking is difficult" - The Times

"A different approach. A stunning success" - The Sun

"The Allen Carr method is totally unique." - GQ Magazine

"His method is absolutely unique, removing the dependence on cigarettes, while you are actually smoking." - Richard Branson

"I found it not only easy but unbelievably enjoyable to stay stopped." - Sir Anthony Hopkins

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From reader reviews:

Joan Rogers:

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