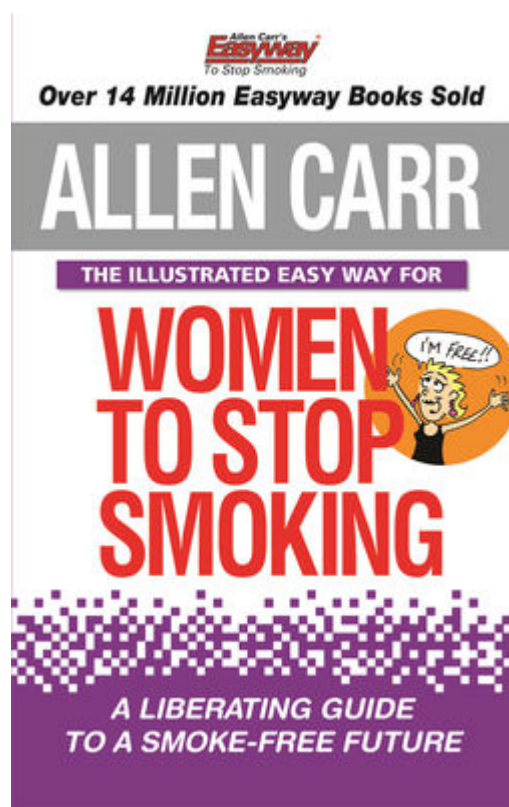


# Télécharger Livres Gratuit Allen Carr's Illustrated Easy Way for Women to Stop Smoking (PDF | ePub | Mobi) Allen Carr & Bev Aisbett DataBase Book



**READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE!**

The Easyway method is as successful for women as it is for men, but many of the issues are perceived differently by women - as their questions in Easyway sessions reveal - and particular difficulties face women who want to quit the habit. In The Illustrated Easy Way to Women to Stop Smoking, Allen Carr debunks the myths about smoking and shows you the way to beat your addiction. This book can enable any woman to escape the nicotine trap easily and painlessly without putting on weight.

With the brilliant writing skills and illustrations of Bev Aisbett, Allen Carr's international best-selling Easyway method is presented here in a truly refreshing, accessible, dynamic and enjoyable way.

**Allen Carr has helped cure millions of smokers worldwide and he can do the same for you.**

His books have sold over 15 million copies worldwide, and read by an estimated 40 million people, while countless more have been helped to quit through his network of clinics. This phenomenal success has been achieved not through advertising or marketing but through the personal recommendations of the ex-smokers who've quit with the method. Allen Carr's Easyway has spread all over the world for one reason alone: **BECAUSE IT WORKS.**

## **What women say about Allen Carr's Easyway method:**

"If you want to quit... it's called the Easyway to Stop Smoking... I'm so glad I stopped"

**Ellen De Generes**

"Allen Carr's Easy Way to Stop Smoking Program achieved for me a thing that I thought was not possible - to give up a thirty-year smoking habit literally overnight. It was nothing short of a miracle."

**Anjelica Huston**

"It's the only method that works. Thank you!"

**Ruby Wax**

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