



# Allen Carr's How to be a Happy Non-Smoker

*Allen Carr*

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## **Allen Carr's How to be a Happy Non-Smoker** Allen Carr

Allen Carr is without doubt one of the most potent weapons in the world's fight against nicotine addiction. Having sold over 13 million books and establishing a chain of clinics spanning the globe, Allen Carr's Easyway is the most successful stop smoking method of all time.

Smaller, more concise than the original but lacking none of its punch, How to be a Happy Non-Smoker aims to reach an ever-wider audience with Allen Carr's message - that all your ideas and beliefs about smoking are based on misinformation and illusions, and that once you see through them you will be free forever.

Let this inspiring companion enable you to stop smoking - easily, painlessly, and permanently.

"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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