

## The Illustrated Easy Way To Stop Smoking Allen Carrs Easyway

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**Allen Carr - Wikipedia**  
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I quit smoking about a month ago after reading Allen Carr's Easy way for women to stop smoking. I knew going into it that I was going to quit on the day that I did no matter what. The first couple of days that I quit no book, patch, pill or anything other than a coma could have made easy. I was angry. I was aware that I wanted to be unkind.

**Allen Carr's Easy Way for Women to Stop Smoking**  
It's a great introduction to buying better quality lenses. And an excellent way of getting to grips with aperture. The article linked is a review and guide. I wrote it because I recommend this lens as the first upgrade for every beginner photographer to make. It's easy to use and, for the price, will yield some excellent results. Composition

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Allen Carr's Easyway method has been clinically proven in two randomised controlled trials. The results show it to be as good as, if not better than the UK's gold standard NHS 1-1 Stop Smoking Service 1 and almost twice as effective as the Irish Governments Quit.ie service 2.It does not require the use of any drugs or nicotine products.

**Easyway to Stop Smoking Programmes & Seminars - Allen Carr**  
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