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randomised
controlled
trials. The
results show it
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as, if not
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renowned for

over 30 years,

the method has

helped over 50

million people

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over 50
countries
worldwide. Allen
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guarantee for
their stop
smoking, alcohol
and quit drugs
programmes.

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The Allen Carr's
Easyway method
has been

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proven in two
randomised
controlled
trials. The
results show it
to be as good
as, if not
better than the
UK's Gold

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standard NHS 1-1
Stop Smoking
Service 1 and
almost twice as
effective as the
Irish
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require the use
of any drugs or
nicotine
products.

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**What happens
when you stop
smoking -
Timeline | Allen
Carr**

This book does something to your brain and it is by far the best way to stop. There is one caveat - you need to want to stop smoking -

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The Easy Way to Stop Smoking (Audio Download):

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London-born Carr
started smoking
while doing
National Service
aged 18. He
qualified as an
accountant in
1958. Carr
finally stopped
smoking on 15
July 1983, aged
48, after a

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method of all
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**Full PDF of Plus
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These clips are from the BBC: Horizon documentary series entitled "We Love Cigarettes". The advice Allen Carr gives is pretty darn

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good, it convinced me (a 5...

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Advice - Allen Carr - YouTube

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Allen Carr's

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Allen Carr was an accountant and smoked 100 cigarettes a day until he gave up and wrote this

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book. He has
built a hugely
successful

network of stop-
smoking clinics
across the world
and is the

author of The
Only Way to Stop
Smoking, How to
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