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1. Set your date  
and time to stop.

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You're going to quit  
smoking naturally  
so carry on  
smoking as usual  
until then. Set... 2.

Look forward.

Remember - you're  
not giving up  
anything because  
cigarettes do  
absolutely nothing  
for you at all. ...

How to Stop

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method is simple:  
realize the ugly  
truth about the  
nature of your  
problem and  
deliberately undo  
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The Easy Way to  
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Top 6 Tips on How  
to Stop Drinking  
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Written by: John  
Dicey & Paul Baker

| Last updated: 23

Jan 20 Allen Carr's

Easyway is more  
than just a list of

tips to stop

drinking or

instructions which

have to be followed

blindly. Having said

that – the method

is beautifully

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Way – the simple – the instructions just have to be followed in conjunction with gaining a full...

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number of  
programmes which  
will enable you to  
stop smoking  
easily, painlessly  
and without the

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need for willpower.  
It's been described  
as 'a real smoker's  
way to quit'. You  
carry on smoking  
until you're ready  
to stub out your  
final cigarette.

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Smoking  
Programmes &  
Seminars - Allen  
Carr

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Smoking is the one  
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that really works. It  
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is a book on how to  
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give up smoking  
and over nine  
million copies have  
been sold  
worldwide. 2015  
marks the 30th  
anniversary since  
this ground-  
breaking book's

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you'll never smoke  
another cigarette  
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Stop Gambling will

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help you more than  
any group or club  
in a unique way  
that is actually  
obvious! So  
obvious you cant  
see it. It is a  
different way and  
approach to  
gambling addiction  
and stopping. . Its  
like being born  
again and being set  
free.



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Allen Carr's  
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He wrote ten books which appeared as bestsellers on selected book ranking charts including his first book The Easy Way to Stop Smoking (1985). The success of the

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Way To Stop  
original London  
clinic, through word-  
of-mouth and  
direct  
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Easyway Series  
recommendation,  
has led to a  
worldwide network  
of 100 Easyway  
clinics in 35  
countries plus the  
production of audio  
CDs and DVDs.

Allen Carr -  
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Wikipedia Stop

50mph x 3.5 = 175 feet. 60mph x 4 = 240 feet. 70mph x 4.5 = 315 feet.

There are 3.3 feet in a metre – so divide the distance in feet by 3.3 to get the stopping distance in metres.

You'll need a calculator for that, but it shouldn't be

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necessary for the  
theory test.

Stopping distances  
made simple | RAC  
Drive

"The Easy Way to  
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Allen Carr is one of  
the most published  
books in the world  
among non-fiction  
literature and sure  
it is number one

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book dedicated to  
fight with smoking.  
Allen Carr himself  
started smoking at  
18 years old and  
quit at the age of  
48, so the method  
described in the  
book is based on  
his own thirty  
years' experience.

Easy Way to Stop  
Smoking - Allen

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The Easy Way to  
Stop Smoking is a  
self-help book

written by British  
author and

accountant Allen

Carr. The book  
aims to help people  
quit smoking,  
offering a range of  
different methods.

It was first

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published in 1985.

Although championed by many celebrities, there has been limited empirical study of Carr's method.

The Easy Way to Stop Smoking - Wikipedia

After repeated failed attempts to

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stop smoking,  
Allen's conversion  
into a non-smoker  
was as dramatic as  
it was totally  
unexpected. His  
discovery of the  
kernel of what  
would become the  
Easyway method  
brought about  
another life-  
changing decision:  
to dedicate his life



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Way To Stop  
to the fight against  
nicotine addiction.

Allen made this  
decision in July  
1983.

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Allen Carr's Easy  
Way to Control  
Alcohol (Allen  
Carr's ...

The Easy Way To  
Stop Smoking DVD  
presents the Allen  
Carr method, which

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has helped many millions of people from all over the world to become happy non-smokers. It is a complete and effective programme in itself and it will enable any smoker to quit immediately, painlessly and permanently,

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globally best-  
selling book, The  
Easy Way for  
Women to Stop  
Smoking. 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

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Easyway sessions  
reveal – and  
particular  
difficulties face  
women who want  
to quit the habit.

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When you stand  
next to the snack  
table at a party, it's

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easy to mindlessly reach out and grab some chips, or a cookie, or some cheese. The food's right there. Your hand can pop it in your mouth before your brain even notices what's happening. To prevent this, stand across the room from the snacks.

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Six Easy Ways to  
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Few are as roundly  
revered as Allen  
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sold and his  
perspective on  
smoking is thought

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people ...

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Smoking sold nine  
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method succeeds



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because it helps smokers eliminate the psychological craving for a cigarette even before they throw away that last pack.

Allen Carr's Easy  
Way for Women to  
Stop Smoking  
This is an easy way  
to stop dog barking

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if you practice a few times a day for a week or three with super high value treats. Since the dog also barks at various sounds, we may need to come back in a few weeks to do some counterconditioning to stop the barking behavior. I didnt want to

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