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About Allen Carr's Easyway. Internationally renowned for over 30 years, the method has helped over 50 million people to freedom in over 50 countries worldwide. Allen Carr's Easyway centres have a 90% success rate based on 3 month money back guarantee for their stop smoking, alcohol and quit drugs programmes. Read more.

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~~Books Allen Carr's Easyway~~

Carr finally stopped smoking on 15 July 1983, aged 48, after a visit to a hypnotherapist. However, it wasn't the hypnotherapy itself that enabled him to stop – "I succeeded in spite of and not because of that visit" and "I lit up the moment I left the clinic and made my way home...".

~~Allen Carr – Wikipedia~~

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