



Allen Carr's The Little Book of Quitting

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Allen Carr is recognised as the world's leading expert on helping smokers to quit. Allen's unique method has enabled millions of smokers to stop easily, painlessly and permanently. It works without the need for willpower by removing the feeling of deprivation. There are no scare tactics and you won't gain weight. Containing over 100 inspirational and memorable phrases, The Little Book of Quitting is the perfect book to reinforce Allen's successful message.

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