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**Allen Carr's Finally Free! The Easy Way to Stop Smoking for Women** By Allen Carr

Allen Carr's Easyway is the most successful stop smoking method of all time. It has helped millions of smokers all over the world quit instantly, easily, painlessly and permanently. Finally Free! is a specially adapted, cutting-edge presentation of Allen Carr's Easyway method with accessible new text and design. Here, every aspect of smoking is examined from a female perspective, and answers are provided to every question and concern.

Allen Carr's Easyway works both for casual and heavy smokers, and regardless of how long you have been smoking. There are no gimmicks or scare tactics, you won't put on weight, and you can even smoke while you read.

'I stopped smoking... I read this book by Allen Carr. Everyone who reads this book stops smoking!' Ellen DeGeneres

'For the first time in my adult life I am free!' Woman's Journal



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