



[(The Illustrated Easy Way for Women to Stop Smoking : The Liberating Guide to a Smoke-free Future)] [By (author) Allen Carr] published on (December, 2007)

Allen Carr

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A title in Allen Carr's bestselling series of guides to stop the reader smoking. With the new ban on smoking in public places, this is more relevant than ever before. Designed specifically for women, this uses amusing cartoons to help you quit for good. It refines the method to its key essentials.

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