

The Little Book Of Quitting

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The Little Book Of Quitting

Allen Carr's international bellseller, The Easy Way to Stop Smoking, has sold more than six million copies worldwide and helped to turn countless smokers into nonsmokers. The Little Book of Quitting crystallizes 120 key points of the Easyway™ method in a concise and readily accessible format. Carr's method can enable any smoker to quit easily, painlessly, and permanently without needing willpower, suffering withdrawal pangs, feeling deprived, or gaining weight.

The Little Book of Quitting: Carr, Allen: 9781402731327 ...

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The Little Book of Quitting by Allen Carr

Allen Carr's international bestseller, The Easy Way to Stop Smoking, has sold more than eleven million copies worldwide and helped to turn countless smokers into non-smokers. The Little Book of Quitting crystallizes 120 key points of the Easyway method in a concise and readily accessible format. Carr's method can enable any smoker to quit easily and painlessly without needing willpower, suffering withdrawal pangs, feeling deprived, or gaining weight.

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The Little Book of Quitting Smoking : Allen Carr ...

Description At last, a Little Book of Quitting, containing more than 100 inspirational and memorable phrases to reinforce Allen Carr's successful message. A perfect gift book and impulse purchase for those who want to give up or for people eager to help smokers kick the habit.

The Little Book of Quitting : Allen Carr : 9780140289008

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Like most great sounding platitudes, they aren't complete or in-depth This book, The Dip: A Little Book That Teaches You When to Quit (and When to Stick), teaches you that you need to quit strategically under two major conditions, you are in a cul-de-sac (dead end) or about to face a cliff.

The Dip: A Little Book That Teaches You When to Quit (and ...

Synopsis At last, a "Little Book of Quitting", containing more than 100 inspirational and memorable phrases to reinforce Allen Carr's successful message. This is a perfect gift book and impulse purchase for those who want to give up or for people eager to help smokers kick the habit.

The Little Book of Quitting: Amazon.co.uk: Carr, Allen ...

The Little Book of Bonsai helps you develop your vision, see nature at its best, and re-create it in a smaller size. With Dupuich as your guide, your bonsai journey can begin!" —Kathy Shaner, curator of the Bonsai Garden at Lake Merritt in Oakland, California

The Little Book of Bonsai: An Easy Guide to Caring for ...

The Little Book of Quitting crystallizes 120 key points of the Easyway? method in a concise and readily accessible format. Carr?s method can enable any smoker to quit easily, painlessly, and permanently without needing willpower, suffering withdrawal pangs, feeling deprived, or gaining weight.

The little book of quitting (eBook, 2005) [WorldCat.org]

A comprehensive guide to small-space secrets and real-life solutions for living in 1,200 square feet or less. The Little Book of Living Small offers practical, everyday advice for managing a tight footprint. It features twelve case study homes in which style-savvy, small-space dwellers (from singles to families of four) open their doors and share their design secrets.

The Little Book of Living Small: Fenton, Laura ...

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The Little Book of Quitting

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The Little Book Of Quitting Penguin Health Care Fitness

The dip is a very short book (I read it in about 90 minutes). Seth Godin wrote it to help people recognize when it's time to quit something versus when it's time to persevere. His main reasoning is...