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The Easy Way to Stop Smoking

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alcohol

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Allen Carrs Easy Way To Control Alcohol

John Dicey,Allen Carr

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Summary of Allen Carr's Allen Carr's Easy Way to Control Alcohol Everest Media,2022-05-22T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The fact that it takes time to turn generally accepted dogma on its head is why it has been more than 20 years since I proved that any smoker can find it easy to quit There are millions of smokers worldwide who have never heard of Allen Carr or his method 2 There are many doctors who do not support AA s view that alcoholism is a disease that cannot be cured They believe that there is hope for recovery and that alcoholism is just a disease of addiction with no cure 3 The speaker at the meeting was allowed to make any statement no matter how outrageous and no one interrupted them I admired how AA allowed its members to express themselves freely 4

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