



The Easy Way for Women to Stop Smoking: Without Gaining Weight

Allen Carr

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The Easyway method is as successful for women as it is for men, but many of the issues are perceived differently by women - as their questions in Easyway sessions reveal - and particular difficulties face women who want to quit the habit. This audiobook examines these differences and difficulties - engaging the listener in a personal consultation - and offers specific, targeted advice on how to resolve them.

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