Allen Carr's Easy Way To Stop Smoking

Helderberg
Somerset West
Somerset West 7130

Phone: +27 (21) 8515883

Allen Carr's Method is the first method to examine the real reasons why smokers smoke. He discovered how the smoking trap works and that it's not a lack of willpower that makes it difficult to stop smoking, but a conflict of will. His method removes this conflict so that the smoker does not have to use any willpower to stop or remain free. Once the smoker understands completely how the smoking trap works, then by following a few precise and simple instructions, the physical withdrawal becomes easy to manage.

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