



The Easy Way for Women to Lose Weight

By Allen Carr

Description

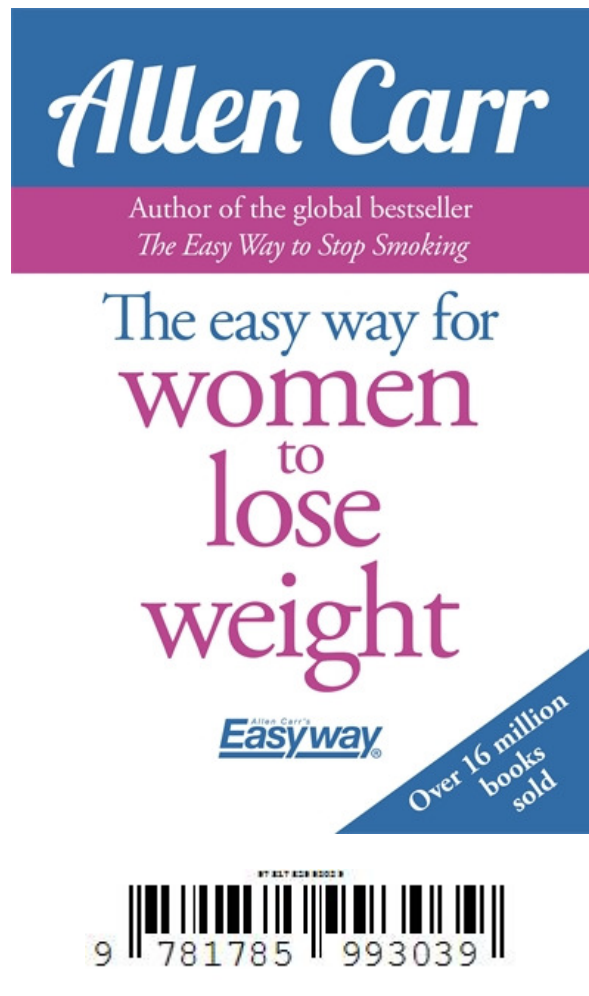
Eat as much of your favourite foods as you want, whenever you want, as often as you want, and be the exact weight you want to be without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe? Read this book.

Key Selling Points

- A unique method that does not require willpower.
- Lose weight easily, painlessly and permanently.
- Word count: 53,000 (Est).

Author Information

Allen Carr (1934-2006) was a chain-smoker for over 30 years. In 1983, after countless failed attempts to quit, he went from 100 cigarettes a day to zero without suffering withdrawal pangs, without using willpower and without gaining weight. He realised that he had discovered what the world had been waiting for - the Easy Way to Stop Smoking - and embarked on a mission to help cure the world's smokers. Allen Carr is now recognised as the world's leading expert on helping smokers to quit, having sold over 15 million books. His Easyway method has been successfully applied to a host of issues including weight control, alcohol and other addictions and fears.



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