



Allen Carr's Lose Weight Now

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Based on the most successful stop-smoking method of all time, 'Lose Weight Now' is a new, accessible form of the bestselling Easyway method. Updated and set out in a clear, easy-to-read format, this book makes it simpler than ever before to get free.

"Your journey through Allen Carr's book will be a revelation in discovering how simple the answer to weight control can be." Dr PM Bray MB, CHb, MRCP

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