



The Easy Way for Women to Stop Smoking: A Revolutionary Approach Using Allen Carr's Easyway™ Method

Allen Carr, Francesca Cesati

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Now women can kick the cigarette habit, too, using a version of Allen Carr's revolutionary Easyway (TM) Method created expressly for them.

Carr's *The Easy Way to Stop Smoking* sold nine million copies worldwide; his method succeeds because it helps smokers eliminate the psychological craving for a cigarette even before they throw away that last pack. Filled with inspiring stories and quotes from real women who have battled nicotine addiction, this follow-up addresses the unique difficulties females face when they decide to quit. Carr and Francesca Cesati focus on those issues of special concern to women, such as weight gain, increased stress, and smoking during pregnancy—making this the perfect gift for any woman who lights up...and wants to stop.

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