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Allen Carr's classic smoking cessation guide turned 30 this year. (Photo: Emily Assiran/New York Observer)

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Overview. Have you ever heard a smoker say it was easy-even enjoyable-to quit smoking? Allen Carr says so in this updated, 20th anniversary edition of his

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Allen Carr's Easyway to Stop Smoking is the world's most popular quit smoking title, with an 80+ percent market share in the smoking cessation category.

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"Allen Carr's Easyway program helped me understand why I smoke, and more importantly how easy it is to quit permanently."

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