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convenient menu that lets you just browse freebies. Instead, you have to search for your preferred genre, plus the word 'free' (free science fiction, or free history, for example). It works well enough once you know about it, but it's not immediately obvious.

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healthy, and being a more natural version of yourself. His views aren't new, but he made me rethink my eating habits.

Allen Carr's Easyweigh to Lose Weight by Allen Carr

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author of The Easy Way to Stop Smoking, helps you to take off the pounds in no time - without dieting, calorie-counting or using will-power. His revolutionary eating plan allows you to enjoy food and savour flavours all while you're losing weight.

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The common thread running through
Allen Carr's work is the removal of fear.
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phobias and anxieties which prevent people from being able to enjoy life to the full, as his bestselling books Allen Carr's Easy Way to Stop Smoking, The Only Way to Stop Smoking Permanently, Allen Carr's Easyweigh to Lose Weight, Haw to Stop Your Child Smoking, and now The ...

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nature's food for good and follow the

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instructions, mainly the one that says "be open minded". See 1 question about Allen Carr's Easyweigh to Lose Weight..., Meet the Epic and Awesome Authors of Fall's Big Fantasy Novels.

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Before I tell you how Allen Carr's Lose

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Weight now - the Easy Weigh can help you lose weight, first I need to give you a brief history on the author and his methods. When one of my best friends told me she was reading a book about giving up smoking written by "Alan Carr" I was pretty confused.

My review of: Lose Weight Now -

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The Easy Way - A Book By ...

Allen Carr's Easyweigh to Lose Weight is an awesome book. I have never tried a diet (a real one) In January I was 11st 12 and couldnt get into a pair of size 14 jeans. Picked up this book in a second hand bookstore and the weight has dropped off. i now weigh 10st 3 and am a size 10.

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'Easyweigh to Lose Weight' by Allen Carr, is published by Penguin, pounds 5.99; 'Eat Fat' by Richard Klein is published by Picador, pounds 15.99.
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