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Allen Carr (2 September 1934 – 29 November 2006) was a British author of books about stopping smoking and other psychological dependencies including alcohol addiction. He stopped smoking after 30 years as a hundred-a-day chain smoker.

Allen Carr - Wikipedia

Preface This book is dedicated - to anyone, who tries to teach medicine instead of just reporting medical facts (like my anatomy teacher, Prof. Dr. R. Bock, who is

Preface - Columbia University

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My Way killings - Wikipedia

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