



Allen Carr's No More Diets

By Allen Carr

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Allen Carr's No More Diets By Allen Carr

Allen Carr's weight-loss method is unique. All others involve an element of restriction, leading to feelings of deprivation - which is why so many attempts to lose weight end in failure. With No More Diets you will enjoy your food far more right from the start. Once learned, the principles of Easyway can never be unlearned, ensuring that the benefits in health and well-being you experience will be permanent.

No Scare tactics

No need to feel deprived

Changes the way you think about food

Works for people who wish to relish their food

You need never again feel guilty about eating!

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Allen Carr's No More Diets By Allen Carr Bibliography

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