

ALLEN CARR

LA MÉTHODE SIMPLE POUR

EN FINIR AVEC LA CIGARETTE

Lu par Charles Borg

14 millions
d'exemplaires vendus
dans le monde



Arrêter de fumer
en fait c'est possible !

La Méthode Simple Illustrée Pour En Finir Avec La Cigarette

Allen Carr



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À l'intérieur de La Méthode Simple pour en Finir avec la Cigarette Claire Beaumont, 2025-08-28 Découvrez comment se libérer du tabac grâce à ce guide complet sur la méthode Allen Carr Claire Beaumont décortique les stratégies de Carr pour arrêter de fumer sans stress sans peur et sans privation en rendant accessible chaque étape de sa méthode prouvée travers des commentaires pratiques et des conseils appliqués ce livre accompagne le lecteur dans le processus de sevrage en proposant des outils pour gérer les envies renforcer la motivation et transformer ses habitudes Chaque chapitre contient des techniques concrètes pour réussir l'arrêt du tabac de manière durable Ce guide s'adresse tous ceux qui souhaitent arrêter de fumer définitivement et retrouver liberté et santé Il est un compagnon indispensable pour transformer la théorie en action et réussir le sevrage avec confiance et sérénité

La méthode simple pour en finir avec la cigarette Allen Carr, 2011 C'est une méthode agréable pour les fumeurs l'inverse de certaines dites aversives La méthode Allen Carr est très positive et très agréable Elle a un coût très raisonnable qui correspond environ deux mois de consommation de cigarettes pour un fumeur moyen Elle obtient des taux de réussite supérieurs toute autre méthode puisque ceux-ci sont de l'ordre de 70 % 18 mois Elle bénéficie de références prestigieuses de très nombreuses personnalités ont arrêté de fumer avec cette méthode et de nombreuses entreprises réputées l'ont utilisée pour résoudre leur problème de tabagisme Elle n'a aucune contre-indication médicale et permet une totale relation de confiance avec les fumeurs grâce à la garantie écrite de remboursement LA solution pour tous ceux qui veulent en finir avec la cigarette

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