

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**



## **La Méthode Simple Illustrée Pour En Finir Avec La Cigarette:**

*La méthode simple illustrée pour en finir avec la cigarette* Allen Carr, Bev Aisbett, 2012-01-12 La méthode pour dire adieu au tabac la plus lue dans le monde et qui a rencontré le plus de succès revient entièrement ILLUSTRÉE Arrêtez de fumer en vous amusant Illustrée avec esprit cette nouvelle édition est plus ludique mais toujours efficace crasez votre dernière cigarette le sourire aux lèvres UN OUVRAGE INDISPENSABLE POUR DEVENIR UN HEUREUX NON FUMEUR POUR LE RESTE DE VOTRE VIE

**La Méthode simple pour en finir avec la cigarette** Allen Carr, 2022-01-06 Voici la nouvelle édition de la célèbre méthode pour arrêter de fumer En 1983 Allen CARR a conçu La Méthode simple pour en finir avec la cigarette qui deviendra un best seller vendu plus de 14 millions d'exemplaires dans le monde Il est considéré comme l'expert n°1 de l'assistance aux fumeurs et a adapté sa méthode de nombreux autres domaines Retrouvez les méthodes de l'auteur sur [www.allencarr.com](http://www.allencarr.com) Voici LA méthode pour arrêter de fumer Une méthode douce prouvée qui a déjà permis des millions de fumeurs travers le monde d'arrêter leur dernière cigarette Vous aussi vous pouvez vous débarrasser du tabac définitivement Et cela sans médicaments sans substituts ni prise de poids grâce aux conseils avisés du spécialiste du tabagisme Allen Carr Stop smoking lisez ce livre

**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

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