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# Allen Carr's Easy Way to Enjoy Flying

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**Allen Carr's Easy Way to Enjoy Flying** Allen Carr
Allen Carr, international bestselling author of "The Easy Way to Stop Smoking", addresses your worries about plane travel in Allen Carr's "Easy Way to Enjoy Flying". Learn to enjoy your holidays and never fear flying again! Read this ebook and flying will become a happy, stress-free experience for life. The unique method pioneered by Allen Carr dispels all the most common flying fears as well as revealing the truth behind media scare stories. It removes the root of the fear, not just the symptoms and is packed with tips to help you on your next flight. Allen Carr, author of the world's bestselling guide to stopping smoking, uses his unique approach to help make flying an enjoyable part of your work or holiday. By the time you have finished reading this ebook you will be looking forward to taking your next flight. A satisfied Amazon customer says: 'I still can't believe that something as simple as reading a book could allay what had pretty much become a phobia, but I can assure you it really does work. I consider myself CURED!' Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered easyway. Having cured his own addiction he went on to write a series of bestselling books, most famously "The Easy Way to Stop Smoking". His books have sold more than 13 million copies worldwide. Allen's lasting legacy is a dynamic, ongoing, global publishing programme and an ever-expanding worldwide network of clinics which help treat a range of issues including smoking, weight, alcohol and 'other' drug addiction.

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