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Synopsis At last, a "Little Book of Quitting", containing more than 100 inspirational and memorable phrases to reinforce Allen Carr's successful message. This is a perfect gift book and impulse purchase for those who want to give up or for people eager to help smokers kick the habit.

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Best book. I quit after reading, haven't smoked a single cigarette

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since. My husband was a pretty heavy smoker as well, he read it and quit also despite being very skeptical at first (he hasn't smoked in over a year). I recommend it to a lot of friends. The hard part is getting them to actually read it.

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