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Allen Carr's international bestseller, The Easy Way to Stop Smoking, has sold more than six million copies worldwide and helped to turn countless smokers into nonsmokers. The Little Book of Quitting crystallizes 120 key points of the Easyway™ method in a concise and readily accessible format. Carr's method can enable any smoker to quit easily, painlessly, and permanently without needing willpower, suffering withdrawal pangs, feeling deprived, or gaining weight.

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The Dip: A Little Book That Teaches You When to Quit (and ...

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The Little Book of Bonsai helps you develop your vision, see nature at its best, and re-create it in a smaller size. With Dupuich as your guide, your bonsai journey can begin!" —Kathy Shaner, curator of the Bonsai Garden at Lake Merritt in Oakland, California

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The dip is a very short book (I read it in about 90 minutes). Seth Godin wrote it to help people recognize when it's time to quit something versus when it's time to persevere. His main reasoning is...