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general population. Dijkstra, A., Zuidema, R., Vos, D., Van Kalken, M., The effectiveness of the Allen Carr smoking cessation training in companies tested in a quasi-experimental design.

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Carr finally stopped smoking on 15 July 1983, aged 48, after a visit to a hypnotherapist. However, it wasn't the hypnotherapy itself that enabled him to stop – "I succeeded in spite of and not because of that visit" and "I lit up the moment I left the clinic and made my way home...".

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