

break the habit before the big day

You're the belle of the ball in the gown of your dreams – and you're out the back sucking down a ciggie. *Nice look!* If you are thinking of giving up, then your wedding day is a great motivator. Allen Carr's Easyway to Stop Smoking system has worked for 2DayFM's Jackie O and Sir Richard Branson, among many other celebs and clients worldwide. It is truly amazing as it uses clear, clever logic, group dynamics and hypnosis to remove the psychological craving. My partner and I did the Allen Carr day course and haven't touched a cigarette in five months – no cravings, no withdrawals, no weight gain (as every bride-to-be will wonder). We had very different smoking "styles" – he hated it, and gave up every few weeks, I enjoyed it and didn't want to give up – but it worked for both of us, just like *that!* See allencarr.com.au to find out more about this world-famous money-back guaranteed course. – *B2B editor Amelia Bloomfield*

