

**I Quit! Cigarettes, Candy Bars & Booze By Linda Joy  
Allan**

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### **Linda joy allan - contact information, biography,**

These are the most recent 10 blog posts mentioning Linda Joy Allan in JacketFlap's I Quit! Cigarettes, Candy Bars & Booze Hi Linda, I am Joy J

### **Don't let upcoming holidays trigger past**

Linda Joy Allan of Santa Barbara, Calif., is the author of the new book, "I Quit! Cigarettes, Candy Bars & Booze," which has been described as a "courageous account

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This work chronicles Linda Joy Allan's struggle with three addictions: food, alcohol and cigarettes. She talks about the first time she remembers feeling self

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