

Allen Carrs Easy Way To Stop Smoking Be A Happy Non Smoker For The Rest Of Your Life

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The Illustrated Easyway for Women to Stop Smoking Allen Carr 2008 Allen Carr and Bev Aisbett present a humorous comfort zone for smokers. This book been designed to appeal to smokers who have failed to quit as well as non-smokers who want a loved one to stop smoking for good.

Stop Smoking with Allen Carr Allen Carr 2013-06-17 Allen Carr (1934-2006) was a chain-smoker for over 30 years. In 1983, after countless failed attempts to quit, he went from 100 cigarettes a day to zero without suffering withdrawal pangs, without using willpower and without gaining weight. He realised that he had discovered what the world had been waiting for - the Easy Way to Stop Smoking - and embarked on a mission to help cure the world's smokers. Allen Carr is now recognised as the world's leading expert on helping smokers to quit,

having sold over 14 million books. This enhanced eBook combines an updated version of his internationally best-selling Easy Way to Stop Smoking with a 75-minute audio seminar from Allen himself, giving you all the expertise and support you'll need to become a happy non-smoker for the rest of your life. Allen's technique has enabled millions of smokers to stop easily, painlessly and permanently. It works without the need for willpower, there are no scare tactics and you won't gain weight. 'His method is absolutely unique, removing the dependence on cigarettes' - Sir Richard Branson.

The Easy Way to Enjoy Flying Allen Carr 2013-06-06 Learn to enjoy your holidays and never fear flying again! Read this book and flying will become a happy, stress-free experience for life. The unique method: Removes the root of the fear, not just the symptoms Dispels all the most common flying fears Reveals the truth behind media scare

stories Packed with tips to help you on your next flight
Allen Carr, author of the world's bestselling guide to
stopping smoking, uses his unique approach to help make
flying an enjoyable part of your work or holiday. By the
time you have finished reading this book you will be
looking forward to taking your next flight. 'I still
can't believe that something as simple as reading a book
could allay what had pretty much become a phobia, but I
can assure you it really does work. I consider myself
Cured!' A happy Amazon customer 'His method is
absolutely unique.' Sir Richard Branson

Allen Carr's Easy Way to Quit Vaping Allen Carr

2021-05-01 Allen Carr's Easyway is a global phenomenon -
a clinically proven and 100% drug-free treatment for
nicotine addiction. First used as an internationally
renowned and incredibly successful stop-smoking method,
this cutting-edge approach now addresses the fastest-
growing nicotine delivery system in the world, vaping.
The Easyway method tackles addiction from an entirely
different angle. Rather than employing scare-tactics and
enforcing painful restrictions on your vaping habits, it
unravels the cognitive brainwashing behind your
addictive behavior. In this way, it removes the desire
to vape altogether without willpower or sacrifice.
Whether you use e-cigarettes, JUUL, tanks or pens, or
any kind of mod or pod, this method will work for you.
All you have to do is read this book in its entirety,
follow all of the instructions and you will be set free
from your addiction to nicotine. • Does not rely on
willpower, aids, substitutes, or gimmicks • Works
without unpleasant withdrawal symptoms • Clinically
proven to be AT LEAST as effective as UK health
service's Gold Standard Stop Smoking Service. What
people say about Allen Carr's Easyway method: "Allen

Carr's international bestseller...has helped countless
people quit." Time Out New York "I read this book and
quit smoking instantly" Nikki Glaser "The Allen Carr
program was nothing short of a miracle." Anjelica Huston
"It was such a revelation that instantly I was freed
from my addiction." Sir Anthony Hopkins "His skill is in
removing the psychological dependence." The Sunday Times
Stop Drinking Now Allen Carr 2015 A fresh take on the
Allen Carr method with all-new text. Includes free
hypnotherapy CD. Most drinkers are convinced that it's
almost impossible to stop drinking and to free
themselves from addiction; they also feel unable to
solve any of the widespread problems drinking causes.
The wonderful news is that this book shows you how to
stop immediately, painlessly and permanently. This book
understands drinkers and how they think and, without
being judgemental or patronising, takes them through the
process of how to get alcohol out of their lives.
Demonstrates how drinkers fall into the trap of
drinking, the psychology behind being addicted and how
to quit this mug's game once and for all. This book has
more compelling evidence than ever before that your
addiction to alcohol is much less physical than it is
mental. Alcohol is not something your body needs, but
something your mind thinks it needs. Stop Drinking Now
explains the mental process of addiction and how to
reverse that process easily, painlessly and permanently.
Allen Carr's How to Stop Your Child Smoking Allen Carr
1999-01-30 Though only 26 per cent of the UK adult
population now smokes (down from a peak of 80 per cent),
smoking is actually on the increase among young people.
A particular problem exists with teenage girls, though
children as young as 8 to 12 are smoking. How to Stop
Your Child Smoking, by the foremost expert in the

subject, offers a clear, practical ...

The Illustrated Easy Way to Stop Smoking Allen Carr
2006-11-01 With the introduction of a smoking ban in public places there has never been greater pressure on smokers to quit. The time to promote anti-smoking titles is NOW. No-one is more aware than Allen Carr that some of the people who are desperate to give up smoking require a different approach to that provided by The Easyway to Stop Smoking. To cater to their needs, Allen has refined the method to its key essentials and presents them here in a humourous comfort zone for smokers. It has been designed to appeal to smokers who have failed to quit as well as non-smokers who want a loved one to quit smoking for good.

Good Sugar Bad Sugar Allen Carr 2016-08-01 READ GOOD SUGAR BAD SUGAR AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE. Good Sugar Bad Sugar tackles the biggest dietary threat to the modern world: The addiction to refined sugar and processed carbohydrates, which is causing epidemics in obesity and Type 2 diabetes on a global scale. Sugar and carb consumption is an addiction that begins at birth, but once you free yourself with Easyway, you'll enjoy better health, higher levels of energy, dramatically improved body shape, and a happier, healthier lifestyle. Allen Carr has helped millions worldwide and he can do the same for you. His books have sold over 15 million copies worldwide, and read by an estimated 40 million people, while countless more have been helped through his network of clinics. Allen Carr's Easyway has spread all over the world for one reason alone: BECAUSE IT WORKS. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES ADDICTION TO REFINED SUGAR AND PROCESSED CARBOHYDRATES • STOP EASILY, IMMEDIATELY AND PAINLESSLY

• REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times
Allen Carr's No More Hangovers Allen Carr 2005
Allen Carr's Easy Way to Quit Emotional Eating Allen Carr 2019-12-11 Do you eat when you're not hungry? Or when you're angry and upset? Do you eat to control your feelings? Allen Carr's Easyway is the most successful self-help stop-smoking method of all time. It has helped millions of smokers all over the world to quit, and has since been used to treat other addictions such as drinking and gambling. Allen Carr's Easyway method works by unravelling the brainwashing that leads us to desire the very thing that is harming us, meaning that we are freed from the addiction rather than merely restricting our behavior. The Easyway method has now been applied to the problem of emotional eating. With Allen Carr's Easyway method, you can eat as much of your favorite foods as you want, whenever you want, as often as you want, and be the exact weight you want to be, without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe? Read this book. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "His skill is in removing the psychological dependence." The Sunday Times "I know so many people who turned their lives around after reading Allen Carr's books." Sir Richard Branson
No More Worrying Allen Carr 2010-09-01 With stress and anxiety problems on the rise, Allen Carr's famous method is sure to be a top seller in this category.

The Only Way to Stop Smoking Permanently Allen Carr 1999-12-02 Following the enormous success of his bestselling *Easy Way to Stop Smoking*, Allen Carr provides smokers with the motivation to break free from addiction for ever. This book will help you: - Achieve the right frame of mind to quit - Avoid weight gain - Quit without dependence on rules or gimmicks - Enjoy the freedom and choices that non-smokers have in life - Quit without willpower It's time to begin your new life as a non-smoker with Allen Carr's *The Only Way to Stop Smoking Permanently*. A different approach... a stunning success, Sun I was exhilarated by a new sense of freedom, Independent His skill is in removing psychological dependence, Sunday Times Allow Allen Carr to help you escape painlessly today, Obvserver A successful accountant, Allen Carr's hundred-cigarettes-a-day addiction was driving him to despair until, in 1983, after countless failed attempts to quit, he finally discovered what the world had been waiting for - the *Easy Way to Stop Smoking*. He has built a network of clinics that span the globe and gained a phenomenal reputation for success in helping smokers to quit. His books are published in over twenty languages and video, audio and CD ROM versions of his method are also available. His other books include *Allen Carr's Easy Way to Stop Smoking*, *Allen Carr's Easyweigh to Lose Weight* and *The Easy Way to Enjoy Flying*.

The Easy Way to Stop Smoking Allen Carr 2010-01-01 Presents the Easyway method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and practical advice on how to successfully break the habit.

No More Worrying Allen Carr 2010-09-30 This little gem of a book reveals all the mental strategies you need for

taking control, achieving inner peace and turning even the worst-case scenarios into win-win situations. Based on the most successful stop smoking method of all time, Easyway, 'No More Worrying' offers a step-by-step summary that is perfect for use on its own or as a com...

The Easy Way to Stop Gambling Allen Carr 2014-08 Explains the psychological nature of compulsive gamblers and describes how to break the cycle of fear that fuels the addiction.

The Easy Way to Mindfulness Allen Carr 2017-10-15 Do you want to free yourself from worry and anxiety? Allen Carr's Easyway method has brilliantly transformed lives all over the world, setting out a wonderful practical pathway to help free millions from a whole variety of addictions. It strips away the illusions that leave us prey to negative thoughts and behaviours, showing us how to gain clarity and control if we focus on who we truly are rather than being distracted by those things that harm and trouble us. The key to peace of mind lies within. Mindfulness lies at the heart of Allen Carr's philosophy and this book shares the proven principles of mindfulness with a wider audience in simple accessible terms that apply to real life and provide a tangible, practical outcome: YOUR HAPPINESS.

The Easy Way to Enjoy Flying Allen Carr 2013-06-06 Allen Carr, international bestselling author of *The Easy Way to Stop Smoking*, addresses your worries about plane travel in *Allen Carr's Easy Way to Enjoy Flying*. Learn to ENJOY your holidays and NEVER fear flying again! Read this ebook and flying will become a happy, stress-free experience for life. THE unique method pioneered by Allen Carr dispels all the most common flying fears as well as revealing the truth behind media scare stories.

It removes the root of the fear, not just the symptoms and is packed with tips to help you on your next flight. Allen Carr, author of the world's bestselling guide to stopping smoking, uses his unique approach to help make flying an enjoyable part of your work or holiday. By the time you have finished reading this ebook you will be looking forward to taking your next flight. A satisfied Amazon customer says: 'I still can't believe that something as simple as reading a book could allay what had pretty much become a phobia, but I can assure you it really does work. I consider myself CURED!' 'His method is absolutey unique' - Sir Richard Branson Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY. Having cured his own addiction he went on to write a series of bestselling books, most famously The Easy Way to Stop Smoking. His books have sold more than 13 million copies worldwide. Allen's lasting legacy is a dynamic, ongoing, global publishing programme and an ever-expanding worldwide network of clinics which help treat a range of issues including smoking, weight, alcohol and 'other' drug addiction. *Stop Smoking with Allen Carr* Allen Carr 2016-07-15 "This revised and updated presentation of the bestselling Easyway method features an audio CD with Allen Carr himself reading a stop smoking session. The Easyway method really works. Allen Carr has sold over 15 million books and helped countless more to quit through his network of clinics. All of this through recommendation and word of mouth. His method removes the need for willpower, and people don't suffer pangs or weight gain. Allen Carr's books have sold over 15 million copies to date in more than 25 different languages and Stop Smoking Now is the newest presentation of the Easyway message, updated for the 21st century but still centred

on the world's most effective stop-smoking programme the tried and tested Easyway method, 'the one that works'. This inspirational pack contains a fully up to date version of The Easyway to stop smoking, Allen Carr's globally best selling title, together with a specially recorded CD which amounts to a private consultation with Allen himself, Stop easily, immediately, permanently. Try it!"--Publisher's description.

Allen Carr's Easy Way for Women to Quit Drinking Allen Carr 2016-04-15 Allen Carr's Easyway is the most effective stop-smoking method of all time and it has now been successfully applied to a wide range of other issues. Here the method focuses on one of the fastest-growing problems of modern times: women's drinking. Alcohol blights women's lives often in a different way to men's: women tend to stay at home drinking alcohol; women often feel particular shame over drinking too much; drinking around children can be a particular burden; in summary there are a lot of added pressures on women to stop drinking and often they feel this is an impossible task. Luckily, Allen Carr's Easyway makes it easy to stop drinking. It's the tried-and-tested cessation method that really works. With startling insight into why women drink and clear, simple, step-by-step instructions, Allen Carr shows you the way to escape from the alcohol trap in the time it takes to read this book. A unique method that does not require will power. Stop easily, immediately, painlessly and permanently. This book removes the psychological need to drink. Regain control of your life. --Publisher
Allen Carr: The Easy Way to Quit Cocaine Allen Carr 2022-04-01 THE BEST-SELLING EASYWAY METHOD APPLIED TO COCAINE ADDICTION Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-

free treatment for nicotine addiction. This book applies that incredible method to the problem of cocaine addiction. It will give you advice about habitual triggers and how to understand that cocaine has no benefits for you - not even that of feeling good. Through following this method, you will not only be set free from your cocaine addiction but you will also find it easy and even enjoyable to quit. • Without using willpower, aids, substitutes, or gimmicks • Without gaining weight • Without suffering anxiety, depression, or unpleasant withdrawal symptoms This book is designed to help busy people, who appreciate clear no-nonsense guidance. It gives you a structured, easy-to-follow method for getting free from cocaine painlessly and immediately. What people say about Allen Carr's Easyway method: "Allen Carr's international bestseller...has helped countless people quit." Time Out New York "If you want to quit ... its called the Easyway ... I'm so glad I quit." Ellen DeGeneres "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

Stop Smoking Now Allen Carr 2015-01-15 Allen Carr's Easyway is the most successful stop-smoking method of all time. It has helped millions of smokers from all over the world quit instantly, easily, painlessly and permanently. Stop Smoking Now is the new, cutting-edge presentation of the method. Updated and set out in a clear, easy-to-read format, this book makes it simpler than ever before to get free. Allen Carr's Easyway does not rely on willpower as it removes your desire to smoke. It eliminates the fears that keep you hooked and you won't miss cigarettes. It works both for heavy and casual smokers and regardless of how long you've been

smoking. There are no gimmicks or scare tactics, you won't put on weight, and you can even smoke when you read. Allen Carr's books have sold over 15 million copies to date in more than 40 different languages and Stop Smoking Now is the newest presentation of the Easyway message, updated for the 21st century but still centred on the world's most effective stop-smoking programme—the tried and tested Easyway method, 'the one that works'. The Allen Carr method has been presented here in a lively, informative and streamlined way. This book brings the original Easyway concept bang up to date, incorporating lessons that have been learned from those who teach in the global network of Allen Carr clinics. No one has more experience of helping smokers quit.

The Easy Way for Women to Lose Weight Allen Carr 2017-01-15 Eat as much of your favourite foods as you want, whenever you want, as often as you want, and be the exact weight you want to be without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe? Read this book.

Allen Carr's Easyweigh to Lose Weight Allen Carr 1999-12-02 Allen Carr, international bestselling author of *The Easy Way to Stop Smoking*, helps you to take off the pounds in Allen Carr's EasyWeigh to Lose Weight. Lose weight without dieting, calorie-counting or using will-power Allen Carr's revolutionary eating plan allows you to enjoy food, savour flavours all while you're losing weight. You can: • Eat your favourite foods • Follow your natural instincts • Avoid guilt, remorse and other bad feelings • Avoid worrying about digestive ailments or feeling faint • Learn to re-educate your taste • Let your appetite guide your diet Allen Carr, author of the world's bestselling guide to giving up

smoking, uses his unique approach to help you lose weight simply and easily in no time at all - in Easyweigh to Lose Weight. A happy reader says: 'I've found the answer I've been looking for for 20 years! I've done every diet you can think of. My sister urged me to buy the book - and I'm so glad I did! It isn't someone telling you what to do, it isn't a weird eating plan, IT ISN'T A DIET! There's no guilt... There's no stuggle... There's no restrictions... You just know what to do and you know you want to do it and why!' Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY. Having cured his own addiction he went on to write a series of bestselling books, most famously The Easy Way to Stop Smoking. His books have sold more than 13 million copies worldwide. Allen's lasting legacy is a dynamic, ongoing, global publishing programme and an ever-expanding worldwide network of clinics which help treat a range of issues including smoking, weight, alcohol and "other" drug addiction.

Allen Carr's Easy Way to Stop Smoking Allen Carr 2006-01 Allen Carr's 100 cigarettes-a-day addiction drove him to despair, but, after countless attempts to quit, he eventually kicked the habit. This is an updated edition of his bestselling guide to giving up smoking.

Allen Carr's Easy Way to Quit Emotional Eating Allen Carr 2019-11-01 Do you eat when you're not hungry? Or when you're angry and upset? Do you eat to control your feelings? Allen Carr's Easyway is the most successful self-help stop-smoking method of all time. It has helped millions of smokers all over the world to quit, and has since been used to treat other addictions such as drinking and gambling. Allen Carr's Easyway method works by unravelling the brainwashing that leads us to desire

the very thing that is harming us, meaning that we are freed from the addiction rather than merely restricting our behaviour. The Easyway method has now been applied to the problem of emotional eating. With Allen Carr's Easyway method, you can eat as much of your favourite foods as you want, whenever you want, as often as you want, and be the exact weight you want to be, without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe? Read this book. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "His skill is in removing the psychological dependence." The Sunday Times "I know so many people who turned their lives around after reading Allen Carr's books." Sir Richard Branson

Allen Carr's Easy Way to Stop Smoking Allen Carr 2011 A new edition written specifically for the American market presents the author's popular method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and practical advice on how to successfully break the habit.

Allen Carr's Easy Way to Stop Smoking Allen Carr 2006-01-05 The revolutionary international bestseller that will stop you smoking - for good. 'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading and most successful quit smoking expert, Allen was right to boast! Reading this book is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr has helped millions of people become happy non-smokers. His unique method removes your

psychological dependence on cigarettes and literally sets you free. Accept no substitute. Five million people can't be wrong.

The Easy Way to Quit Sugar Allen Carr 2017-12-13 "I know so many people who have turned their lives around after reading Allen Carr's books." -Sir Richard Branson People are now so hooked on sugar that it's become the number one threat to health in the modern world. This book helps explain the truth about bad sugar and introduces a proven method to cut it out of your diet entirely. Once you free yourself from addiction, you'll feel happier and healthier, and you'll be able to choose the weight you want to be for the rest of your life. Allen Carr's Easyway is the most successful stop smoking method of all time. It works by unravelling the brainwashing that leads us to desire the very thing that is harming us, and it has now been applied to other areas. The Easy Way to Quit Sugar tackles the biggest dietary threat to the modern world: addiction to refined sugar and processed carbohydrates. With the brilliant additional writing skills and illustrations of Bev Aisbett, you'll free yourself of addiction and enjoy better health, higher levels of energy, dramatically improved body shape and a happier, healthier lifestyle.

Allen Carr's Easy Way to Control Alcohol Allen Carr 2009-11-03 READ ALLEN CARR'S EASY WAY TO CONTROL ALCOHOL AND BECOME A HAPPY NON-DRINKER FOR THE REST OF YOUR LIFE. Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally best-selling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies. In this classic guide, Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple,

step-by-step instructions, he shows you the way to escape from the 'alcohol trap' in the time it takes to read this book. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REMOVES THE PSYCHOLOGICAL NEED TO DRINK • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: "The Allen Carr program was... nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

The Easy Way for Women to Stop Drinking Allen Carr 2016-02-12 READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway is a global phenomenon. It has helped millions of smokers from all over the world. In The Easy Way for Women to Stop Drinking, Allen Carr's Easyway method has been applied to problem drinking for women, acknowledging that women who want to stop drinking face particular difficulties-and tailored to their needs. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, Allen Carr shows you how to escape from the alcohol trap. This book comes with several assurances: You won't feel like you're being talked down to; there are no scare tactics or gimmicks; you won't feel deprived; and you won't miss drinking. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

العلاقات بين جمهورية مالي - والجمهورية العربية المتحدة
Allen Carr 1962 Allen Carr was a chain-smoker, who used

to get through 100 cigarettes a day until he discovered the 'Easyway to Stop Smoking' in 1983. His method involves a psychological reappraisal of why people smoke as well as understanding the subtle and pervasive nicotine trap and how it works.

Allen Carr's Easy Way for Women to Lose Weight Allen Carr 2017 "Are you unhappy with the weight you are? In The easy way for women to lose weight, Allen Carr addresses the difficulties that women face in trying to lose weight. Diets don't work and just lead to a feeling of deprivation, which can cause food disorders like binge-eating. By explaining why you feel the need to eat junk food and, with simple step-by-step instructions to set you free from this addiction, Carr shows you how to eat for a healthier, happier life."--Back cover.

Allen Carr's Easy Way to Stop Smoking Allen Carr 2015-09-24 Read this book and you'll never smoke another cigarette again. Allen Carr has discovered a method of quitting that will enable any smoker to stop, easily, immediately and permanently. As the world's bestselling book on how to stop smoking and with over nine million copies sold worldwide, Allen Carr's Easy Way to Stop Smoking is the one that really works. _____ 'It

didn't take any willpower. I didn't miss it at all and I was free' Ruby Wax THE unique method: No scare tactics No weight-gain The psychological need to smoke disappears as you read Feel great to be a non-smoker Join the 25 million men and women that Allen Carr has helped stop smoking. _____ TESTIMONIALS . . .

'Giving up smoking was one of the biggest achievements of my life. I read Allen Carr's book and would recommend it to anybody trying to kick the habit' Michael McIntyre 'Achieved for me a thing that I thought was not possible - to give up a thirty-year smoking habit literally

overnight. It was nothing short of a miracle' Anjelica Huston 'Instantly I was freed from my addiction. I found it not only easy but unbelievably enjoyable to stay stopped' Sir Anthony Hopkins

Quit Smoking Boot Camp Allen Carr 2018-06-05 Short of time? Or have you stopped smoking and found it difficult or even impossible to stay stopped? If your answer to these questions is yes, then this is the book for you (even if you've tried and failed using Allen Carr's method in the past). Quit Smoking Boot Camp is a revolutionary and concise version of the world-famous Easyway method, delivered in short, punchy segments to help you quit with the minimum of fuss, with minimal effort, in a reassuringly regimented and speedy way. Four days is all it takes to transform your life. We recommend that you read this book over just four days (though you might choose to do it in less or even to take a little longer). Choose your start date and four days later you can be free. It's as simple as that. The Easyway Boot Camp will help you change your mindset and quit smoking, vaping, or using nicotine in any form easily and immediately. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times *The Illustrated Easy Way to Stop Drinking* Allen Carr 2014-09-01 READ THIS BOOK, FOLLOW THE INSTRUCTIONS AND STOP DRINKING NOW. Allen Carr's Easyway method has helped millions of people to quit smoking, alcohol and other drugs, as well as to stop gambling, over-eating and getting into debt. It will show you the way to escape from the alcohol trap. With the brilliant

illustrations of Bev Aisbett, this handy pocket book presented in a truly refreshing, accessible, dynamic, funny and enjoyable way. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times Lose Weight Now Allen Carr 2010-11 Reading this book is all you need to do to take control of what you eat. There are no scare tactics and eating less will not feel like deprivation; quite the opposite in fact—you will feel much happier. The Easyway method removes your psychological dependence on comfort eating and junk food, setting you free to live as you choose. Once learned, the principles can never be unlearned, ensuring that the benefits in health and well-being you experience will be permanent.

The Easy Way to Stop Gambling Allen Carr 2013-09-08 READ THIS BOOK AND BECOME A HAPPY NONGAMBLER FOR THE REST OF YOUR LIFE Allen Carr's Easyway is a global phenomenon. It has helped millions of smokers from all over the world, and has also been successfully applied to a wide range of other issues, including drinking, overeating, and overspending. Here the method addresses the fastest growing social problem of modern times: gambling. Allen Carr explains how gamblers fall into the trap and why they keep gambling despite knowing that it's ruining their lives. By explaining the nature of the trap, he removes the desire to gamble and the fears that keep you hooked. Most important of all, you will not feel that you've made a sacrifice, you will not miss gambling, and you will enjoy life to the full without feeling in any way deprived. What people say about Allen Carr's Easyway

method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

I Quit! Allen Carr 2011-06-30 This unique book contains the key elements of Allen Carr's universally acclaimed Easyway method of quitting smoking - the only proven way of stopping smoking for good. Follow the Easyway method and you will see through the smokescreen of lies and mis-information which are at the heart of society's ideas and beliefs about smoking. You will be...

The Easy Way to Stop Smoking Allen Carr 2004 Presents the Easyway method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and practical advice on how to successfully break the habit.

Allen Carr's Easy Way to Quit Smoking Without Willpower - Includes Quit Vaping Allen Carr 2020-09-30 THE BRAND-NEW UPGRADE OF THE WORLD'S BEST-SELLING STOP SMOKING BOOK OF ALL TIME. Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. This book is the most up-to-date, cutting-edge, best-practice version of this method. It now includes advice on important contemporary issues such as vaping, cannabis, JUUL, the association between smoking and self-harm & anxiety, the dopamine issue, and more advice about habitual triggers. Through following this method, you will not only be set free from your smoking or vaping addiction but you will also find it easy and even enjoyable to quit. • Without using willpower, aids, substitutes, or gimmicks • Without gaining weight • Without suffering anxiety, depression, or unpleasant withdrawal symptoms • Without

envying partners, friends or colleagues who smoke/vape
This book is designed to help busy people, who
appreciate clear no-nonsense guidance. It gives you a
structured, easy-to-follow method for getting free from
nicotine painlessly and immediately. What people say
about Allen Carr's Easyway method: "Allen Carr's
international bestseller...has helped countless people

quit." Time Out New York "If you want to quit ... its
called the Easyway ... I'm so glad I quit." Ellen
DeGeneres "It was such a revelation that instantly I was
freed from my addiction." Sir Anthony Hopkins "His skill
is in removing the psychological dependence." The Sunday
Times