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# ALLEN CARR'S EASY WAY TO STOP SMOKING

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# Allen Carrs Easy Way To Stop Smoking Revised Edition

**Allen Carr**

## **Allen Carrs Easy Way To Stop Smoking Revised Edition:**

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**Permanently** Allen Carr, 1995-01-05 Author of the most successful self-help stop smoking method of all time Allen Carr here further exposes the traps of smoking and provides smokers with the motivation to break free forever This companion volume to Allen Carr's Stop Smoking Now and Allen Carr's Easy Way to Stop Smoking 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 Praise for Allen Carr's Easyway Allen Carr explodes the myth that giving up smoking is difficult The Times A different approach A stunning success The Sun The Allen Carr method is totally unique GQ Magazine His method is absolutely unique removing the dependence on cigarettes while you are actually smoking Richard Branson I found it not only easy but unbelievably enjoyable to stay stopped Sir Anthony Hopkins **Allen Carr's Easy Way for Women to Quit Drinking** Allen Carr, 2018-07-31 READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE Allen Carr's Easyway is the most successful stop smoking method of all time It has helped millions of

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**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 Smoking** Allen Carr,2007-05-15 READ THIS BOOK FOLLOW THE INSTRUCTIONS AND STOP SMOKING NOW In The Illustrated Easy Way to Stop Smoking Allen Carr debunks the myths about smoking and shows you the way to beat your addiction With the brilliant illustrations of Bev Aisbett Carr's best selling method is presented here in a truly refreshing accessible dynamic funny and enjoyable way Allen Carr has helped cure millions of smokers worldwide and he can do the same for you His books have sold over 16 million copies worldwide and read by an estimated 40 million people while countless more have been helped to quit through his network of clinics This phenomenal success has been achieved not through advertising or marketing but through the personal recommendations of the ex smokers who've quit with the method Allen Carr's Easyway has spread all over the world for one reason alone BECAUSE IT WORKS What people say about Allen Carr's Easyway method I stopped smoking I read this book by Allen Carr It's called the Easy Way to Stop Smoking Everyone who reads this book stops smoking Ellen DeGeneres 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 method is absolutely unique removing the dependence on cigarettes while you are actually smoking Richard Branson Allen Carr explodes the myth that giving up smoking is difficult The Times **No More Debt** Allen Carr,2014-05-05 READ THIS BOOK FOLLOW ALL THE INSTRUCTIONS AND LEARN TO ESCAPE THE MISERY OF DEBT This book applies Allen Carr's world famous Easyway method to the problems of over spending and debt Presented in a handy pocket book No More Debt provides concise and essential tips to help reduce spending and clear existing debts Rather than enforcing painful restrictions to your spending behaviour the Easyway method gets to the root of the problem by removing the desire to over spend This means that you can live within your means without feeling deprived Follow this guide and rediscover the joy of being in control of your life again Allen Carr's books have sold over 16 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 What the media say about Allen Carr's Easyway I was exhilarated by a new sense of freedom The Independent A different approach A stunning success The Sun Allow Allen Carr to help you escape painlessly today The Observer **No More Ashtrays** Allen Carr,2011-11-15 THIS BOOK IS EVERYTHING YOU NEED TO STOP SMOKING Society's ideas and beliefs about smoking are based on misinformation and illusions which stop us from seeing what's really going on Learn the truth and free yourself forever This unique book is a step by step guide to Allen Carr's Easyway method showing how smokers fall into the trap of smoking the psychology behind being a slave to tobacco and how to quit immediately once and for all No More Ashtrays is a new accessible form of the bestselling Easyway method perfect for use on

its own or as a companion to other Easyway titles Praise for Allen Carr's Easyway I would be happy to give a medical endorsement of the method to anyone Dr PM Bray MB CH b MRCGP Allen Carr explodes the myth that giving up smoking is difficult The Times A different approach A stunning success The Sun The Allen Carr method is totally unique GQ Magazine I found it not only easy but unbelievably enjoyable to stay stopped Sir Anthony Hopkins

**Allen Carr's Easy Way to Stop Smoking** Allen Carr, 2020-06-01 An easy way to quit smoking Allen Carr's Easy Way to Stop Smoking is a self help classic with over 15m copies sold worldwide It has been a 1 bestseller in nine European countries It outsells all other quit smoking titles combined This edition has been developed specifically for smokers in the Canada This seminal book has enabled millions of smokers to quit easily and enjoyably using Carr's simple drug free approach No weight gain no willpower no withdrawal Removes the psychological need to smoke as you smoke No fear of living life without your little friend Feel great from the minute you put out your final cigarette Praise for the Carr Method To say it was miraculous would not be hyperbole Hamilton Spectator Being a smoker is like being trapped in a complicated maze It's as if Allen Carr has a plan of that maze Sir Anthony Hopkins I can't imagine ever lighting up again I have no desire to I can honestly say I think I'm done for good now National Post It worked for me and about twenty of my friends Seriously Jason Mraz All eight of my friends who resolved to quit smoking last year did so successfully by reading this book Now Newspaper

**Allen Carr's Easy Way to Stop Smoking** Allen Carr, 2006-01-05 Allen Carr's Easy Way to Stop Smoking is the one that really works It is the world's bestselling book on how to give up smoking And this is the original and still the best edition of his classic book on how to give up smoking the easy way Over Nine Million Copies Sold Worldwide It didn't take any willpower I didn't miss it at all and I was free Ruby Wax Read this book and you'll never smoke another cigarette again 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 give up smoking 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 This guy's brilliant And I haven't smoked since Ashton Kutcher Special offer Recover the cost of this book when you attend an Allen Carr Clinic 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

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