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Allen Carrs Easyway To Control Alcohol

Allen Carr,John Dicey

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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 [Summary of Allen Carr's Allen Carr's Easy Way to Control Alcohol](#) Everest Media,2022-05-22T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The fact that it takes time to turn generally accepted dogma on its head is why it has been more than 20 years since I proved that any smoker can find it easy to quit There are millions of smokers worldwide who have never heard of Allen Carr or his method 2 There are many doctors who do not support AA's view that alcoholism is a disease that cannot be cured They believe that there is hope for recovery and that alcoholism is just a disease of addiction with no cure 3 The speaker at the meeting was allowed to make any statement no matter how outrageous and no one interrupted them I admired how AA allowed its members to express themselves freely 4 The fact that you have read this far indicates that you believe you have a drink problem to some degree Wouldn't it be foolish not to use the cure that claims to be instant easy and permanent

The Easy Way to Stop Drinking Allen Carr,2005 Carr offers a startling new view of why we drink and how we can escape the addiction Only when we step away from the supposed pleasures and understand how we are being duped to believe we are receiving real benefits can we begin to live our lives free from any desire or need for drinking [**Allen Carr's Quit**](#)

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