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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**

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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

smokers from all over the world to quit In the Easy Way for Women to Quit 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 A unique method that does not require willpower Removes the desire to drink alcohol 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 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 Easyway Express: Stop Smoking and Quit E-Cigarettes Allen Carr, 2014-12-19 READ THIS BOOK FOLLOW THE INSTRUCTIONS AND ENJOY A NICOTINE FREE FUTURE Allen Carr's Easyway method is the most effective self help stop smoking method of all time and this book is a super fast yet comprehensive version of the method Even better this book is designed to set you free from any form of nicotine addiction whether that be cigarettes e cigarettes or any other nicotine product Praise for Allen Carr's Easyway If you want to quit it's called the Easyway to Stop Smoking I'm so glad I stopped Ellen De Generes Allen Carr's Easy Way to Stop Smoking Program 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 Allen Carr explodes the myth that giving up smoking is difficult The Times 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 **The Easy Way to Stop Smoking** Allen Carr, 2004 The author offers a step by step approach to stop smoking without the use of nicotine substitutes Allen Carr's Easy Way for Women to Quit Smoking Allen Carr, 2018-09-03 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE Allen Carr's Easyway is the most successful self help stop smoking method of all time It has helped millions of smokers from all over the world to quit In the Easy Way for Women to Stop Smoking Allen Carr addresses the difficulties that women smokers face when trying to quit and shows how his technique successfully resolves them Allen's unique method removes the feeling of deprivation and works without using willpower This book can enable any woman to escape the nicotine trap easily and painlessly without putting on weight 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 A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER REMOVES THE PSYCHOLOGICAL

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**Summary: the Easy Way to Stop Smoking by Allen Carr** Patrice Runner, 2019-12-31 COMPLETELY SUPPRESS YOUR SMOKING CRAVINGS WITHOUT EFFORT OF WILLPOWER WITHIN 4 DAYS MAXIMUM OR THE TRIAL IS FREE WHAT DO DOCTORS DO WHEN THEY WANT TO QUIT SMOKING I'm a doctor and I've been a chain smoker for 12 years Then on March 2 1991 I discovered Allen Carr's method I lost my craving to smoke the same day and I've never touched a cigarette since As a throat surgeon I can testify to the serious damage that smoking causes Allen Carr's method is the only one I've been recommending for 28 years to my patients I strongly believe that any smoker who wants to quit smoking should at least try it especially now as it's available in a new updated Pareto version Dr R Oliver MANY DOCTORS WHO WERE ONCE HEAVY SMOKERS STOPPED SMOKING THANKS TO ALLEN CARR SO IT'S NO SURPRISE WHY THEY RECOMMEND HIS METHOD TO THEIR PATIENTS MY DOCTOR RECOMMENDED IT TO ME as I broke down in tears in his office I felt I just could not stop smoking Today I'm smoke free and SO HAPPY Bernadette C NY MY DOCTOR RECOMMENDED IT AS SHE WAS UNABLE TO QUIT WITH ANY OTHER METHOD EXCEPT THIS ONE She didn't believe it would work but it did Michelle S USA AFRAID OF WITHDRAWAL SYMPTOMS OR GAINING WEIGHT READ WHAT DR CARMEN G ROMANIA HAS TO SAY I used to smoke In my previous attempts I did put on some pounds and I started smoking again But not with this method YOU WILL NOT GAIN WEIGHT NOT BE NERVOUS NOT FEEL DEPRIVED NOT ENVY SMOKERS You will be free and happy BEEN SMOKING FOR 10 YEARS OR MORE A PACK OR MORE PER DAY READ THIS After being a pack a day smoker for 20 years SINCE I STOPPED SMOKING I HAVE LOST 20 LBS AND FOUND THE WOMAN OF MY DREAMS D C NYC NY AFTER BEING A SMOKER FOR 20 YEARS IT'S BEEN OVER 11 YEARS SINCE I BECAME A NON SMOKER and I don't miss it at all I RUN ULTRA MARATHONS NOW Marina D USA I QUIT A 3 PACK A DAY ADDICTION IT'S NOW BEEN OVER 10 YEARS SINCE I VE HAD A CIGARETTE I'VE BECOME A HAPPY HEALTHY FATHER AND TAKEN UP 100 MILE CYCLING RIDES This system is amazingly simple and best of all it works Mr K K USA LIKE SMOKING TOO MUCH TO QUIT READ THIS This is amazing to me as I REALLY DIDN'T WANT TO QUIT SMOKING BECAUSE I LOVED IT SO MUCH Still I decided to give it a shot 10 YEARS LATER I'M STILL SMOKE FREE It was way easier than I ever dreamed it could be I never used any drugs or other smoking aids Kris J WI National 12 month Clinical Trial finds Allen Carr's Easyway almost TWICE AS EFFECTIVE AS OTHER SMOKING CESSATION METHODS AVAILABLE on Health Service The British Medical Journal DID ALLEN CARR DISCOVER THE BEST METHOD TO QUIT SMOKING EVER DEVELOPED Could so many doctors 30 million happy ex smokers be wrong And could the latest digest version of his method give even better results than the original versions Read on TRY THIS

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**Now Without Gaining Weight** Allen Carr, 2009 Smoking **No More Worrying** Allen Carr, 2010-09-30 READ THIS BOOK FOLLOW ALL THE INSTRUCTIONS AND LEARN TO STOP WORRYING IN TODAY'S HECTIC WORLD 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 self help stop smoking method of all time No More Worrying offers a step by step summary that is perfect for use on its own or as a companion volume to other Easyway titles 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 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

**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 **Your Personal Stop Smoking Plan** Allen Carr, 2015-04-28 Allen Carr's Easyway method has helped millions of people to stop smoking This is the first ever interactive Allen Carr book By regularly interacting with the text in an easy yet dynamic and measurable way you begin to write the story of how you came to smoke By understanding why you continue to smoke in spite of the obvious disadvantages you are able to follow the simple step by step instructions

that set you free No pain No drama 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 Ashtrays** Allen Carr,2011-11-15 THIS BOOK IS EVERYTHING YOU NEED TO

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