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you're feeling stressed The big special days such as birthdays and Christmas which we believe wouldn't be the same without a drink Meanwhile this wrongful belief is wreaking havoc with our health relationships finances and lives This destructive cycle can end With Allen Carr's Easyway method you have the power to stop drinking without willpower and without missing out The world renowned clinically proven Easyway method has helped an estimated 50 million people with their behavioral issues and addictions It works by unraveling the cognitive brainwashing that leads you to desire the very thing that is harming you By explaining why you feel the need to drink and with simple step by step instructions to set you free from this addiction celebrated addiction therapist Allen Carr shows you how to escape from the emotional drinking trap and enjoy a healthier happier life A unique method that does not require willpower Removes the psychological need to drink alcohol Relieves hangxiety and other stresses caused by alcohol Shows you to be a happy non drinker Read *The Easy Way to Quit Emotional Drinking* and take control of your life Mr Carr was an incredible source of inspiration and influence on the subject of drug addiction I and many other influential authors learned from Allen's revolutionary ideas discoveries and understanding of addiction Annie Grace bestselling sobriety author

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Allen Carr,John Dicey,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

Allen Carr's Easy Way to Quit Emotional Eating

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