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# Allen Carr's EASY WAY TO Stop Smoking

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FOREWORD

# Easy Way To Stop Smoking

**Allen Carr**



## Easy Way To Stop Smoking:

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**Allen Carr's Illustrated Easy Way for Women to Stop Smoking** Allen Carr,Bev Aisbett,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 **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 *Finally Free!* Allen Carr,2012-11-10 Allen Carr s Easyway is a global phenomenon It has helped millions of smokers from all over the world Finally Free is a specially adapted cutting edge presentation of Allen Carr s Easyway method with new text and design Here every aspect of smoking is examined from a female perspective and answers are provided to every question and concern Allen Carr s Easyway works both for casual and heavy smokers and regardless of how long you have been smoking There are no gimmicks or scare tactics you won t put on weight and you can even smoke while you read What people say about Allen Carr s Easyway I stopped smoking I read this book by Allen Carr Everyone who reads this book stops smoking Ellen DeGeneres For the first time in my adult life I am free

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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 **Easy Way to Stop Smoking** Puneet Sharma,2017-01-15 Quitting smoking is one of the best things you can do for yourself and for those that are important to you Not only will you feel better than you have in years but you will also be saving your family from the pain and suffering of losing a loved one too soon Studies say that smoking will shorten your life expectancy by an average of 14 years Do you really want to lose that much of your life over smoking The truth of the matter is that you can quit With the right techniques and strategies quitting will be easy The largest hurdle to get over is simply deciding that you want to quit for good and sticking to it It will be tough but with enough determination and will power you can absolutely quit smoking Stop Smoking can be much easier with the right strategy and tools Whether you ve only been smoking for a couple of months or for a few decades you know that nicotine is one of the most addictive substances known to mankind thanks to the millions spent by big tobacco companies to make it that way The contents of this book will give you all the tools you need to help you quit smoking quickly easily cheaply and forever so that you can live the happy healthy smoke free life you ve been dreaming of and deserve Here Is A Preview Of What You ll LearnHow Smoking Plays Why Is It Difficult to stop Why People Smoke Nicotine Addiction Why Am I Giving Up No Smoking Confidence Assessment and TipsDevelop Your Willpower to Quit Smoking Effects of Smoking on Teenagers and Young Adults Will I Miss the Cigarette The Main Reasons for Failure Smoking SubstitutesAvoid TemptationThe Final CigaretteHelping a Smoker QuitAdvice to Non SmokersMuch much more **The Illustrated Easy Way for Women to Stop Smoking** Allen Carr,Bev Aisbett,2019-05 Read this book and become a happy non smoker for the rest of your life The Allen Carr Easyway Method that has successfully helped cure millions worldwide is equally as successful for both men and women but many of the issues related to quitting smoking can be perceived differently by women as their questions in Easyway sessions reveal as well as the particular difficulties facing women who want to quit the habit In The Illustrated Easy Way to Women to Stop Smoking Allen Carr debunks the myths about smoking and shows women specifically how to beat their addiction for good This book not only enables women to easily and painlessly escape the nicotine trap but to do so without gaining weight With the brilliant writing skills and illustrations of Bev Aisbett Allen Carr s international best selling Easyway Method is presented in a refreshing accessible dynamic and enjoyable way To date Allen Carr s books have sold more than 15 million copies worldwide and have been 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 Method has spread all over the world for one reason alone because it works What women say about Allen Carr s Easyway Method If you want to quit it s called the Easyway to Stop Smoking I m so glad I

stopped Ellen deGeneres Allen Carr s Easy Way to Stop Smoking Program achieved for me a thing that I thought was not possible to give up a 30 year smoking habit literally overnight It was nothing short of a miracle Anjelica Huston It s the only method that works Thank you Ruby Wax *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 Only Way to Stop Smoking 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 [Stop Smoking with Allen Carr](#) Allen Carr,2013-06-17 Allen Carr has helped millions of smokers from all over the world and he can do the same for you 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 epilogue 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 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 **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

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