

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

Drinking (quit

Drinking Book

1)

READ THIS BOOK

NOW AND BECOME

A HAPPY

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

**NONDRINKER FOR
THE REST OF
YOUR LIFE.**

Allen Carr's

**Easyway is a
global**

**phenomenon. It
has helped**

**millions of
smokers from**

**all over the
world. In The**

Easy Way for

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking, Allen

Carr's Easyway

method has been

applied to

problem

drinking for

women,

acknowledging

that women who

want to stop

drinking face

particular diff

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Way To Stop

Drinking (quit

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iculties—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

Online Library

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Now: The Easy

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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

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Way To Stop
Drinking (quit

Drinking Book 1)

about Allen

Carr's Easyway

method: "The

Allen Carr

program was

nothing short

of a miracle."

Anjelica Huston

"It was such a

revelation that

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Way To Stop

Drinking (quit

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instantly I was
freed from my
addiction." Sir
Anthony Hopkins

"His skill is
in removing the
psychological
dependence."

The Sunday
Times

Do you want to
take a break
from alcohol

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Now: The Easy
Way To Stop
Drinking (quit
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easily and
safely? When
you stop
drinking, it
takes up to 10
days for the
alcohol to
completely
leave your
system. It's a
tricky time.
You get
cravings and

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Way To Stop
Drinking (quit
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**your thinking
becomes
emotional. Most
people struggle
in the early
days. But now
there's a
modern,
scientific
solution. The
10-Day Alcohol
Detox Plan
walks you**

Online Library

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through the
detox period
painlessly and
explains

everything you
need to carry
on to your
personal

sobriety goal,
whether short-
term or long-
term. Written
in an engaging

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Way To Stop
Drinking (quit
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and informative
way, the 10-Day
Alcohol Detox
Plan is

practical and
easy to follow.
There's no doom
and gloom or
going to
meetings. It
just does the
job, and is
suitable for

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anyone: If you
want to try a
sober break
from alcohol If
you want to
stop drinking
to help fitness
or weight-loss
If you need to
give up alcohol
for health
reasons If
you've simply

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had enough and
want to quit
drinking for
good The author
is a therapist
working in
public health
who has helped
countless
drinkers to
quit alcohol,
and is the
author of the

Online Library
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Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)
bestseller
"Alcohol and
You: How to
Control and
Stop Drinking"
and

"Mindfulness
for Alcohol
Recovery".

Order this book
today and find
a better way.

YOU'RE NOT AN

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

**ALCOHOLIC BUT
SOMETIMES DRINK
TOO MUCH... Are
you often
unmotivated,
stressed,
lacking energy
and tired? Are
you sick of
hangovers? Do
you want to
stop missing
out on life,**

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Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

regain your
health, improve
your
relationships)
and enjoy
greater
control,
clarity, focus
and freedom?
When you quit
alcohol for
just 30 days,
you can

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

transform your
life. You will
look and feel
better, save

and make money
and be happier.
James Swanwick
is a former

social drinker.
He is an Austra

lian-American
entrepreneur,
award-winning

award-winning

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Now: The Easy
Way To Stop
Drinking (quit
SportsCenter
Drinking Book 1)
journalist and
former ESPN
SportsCenter
anchor. In this
groundbreaking
book, Swanwick
reveals
strategies for
you to prepare
for, and take,
a break from
alcohol. Learn
how to easily

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Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

reduce or stop
drinking,
identify what
type of drinker
you are,
successfully
socialize
without
drinking,
relieve stress
without alcohol
and finally
break your

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Way To Stop
Drinking (quit
Drinking Book 1)

habit. Join
thousands of
people around
the world
taking the 30
Day No Alcohol
Challenge and
kick-start the
healthier and
happier you.
Do you want to
free yourself
from worry and

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

anxiety? Allen
Carr's Easyway
method has
brilliantly
transformed
lives all over
the world,
setting out a
wonderful
practical
pathway to help
free millions
from a whole

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Way To Stop

Drinking (quit

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variety of
addictions. It
strips away the
illusions that
leave us prey
to negative
thoughts and
behaviours,
showing us how
to gain clarity
and control if
we focus on who
we truly are

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Way To Stop

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rather than
being
distracted by
those things
that harm and
trouble us. The
key to peace of
mind lies
within.

Mindfulness
lies at the
heart of Allen
Carr's

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Way To Stop
Drinking (quit
Drinking Book 1)

philosophy and
this book
shares the
proven
principles of
mindfulness
with a wider
audience in
simple
accessible
terms that
apply to real
life and

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Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

provide a
tangible,
practical
outcome: YOUR
HAPPINESS.

Stop Drinking
and Find
Freedom
How to Stop
Drinking
Alcohol and
Start Living
Sober: a Short

Online Library
Stop Drinking
Now: The Easy
12 Step Alcohol
Way To Stop
Addiction
Drinking (quit
Treatment and
Drinking Book 1)
Recovery Guide
Allen Carr's
Easy Way to
Quit Emotional
Eating
Stop Drinking
Alcohol
A Simple Path
from Alcohol
Misery to

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Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

**Alcohol Mastery
Sober Is the
New Black
How to Give Up
Your Addiction
and Quit
Alcohol**

READ STOP
DRINKING NOW
AND BECOME A
HAPPY
NONDRINKER FOR
THE REST OF

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 4)

YOUR LIFE. Allen Carr's Easyway a global phenomenon. It has helped millions of smokers from all over the world. Stop Drinking Now applies Allen Carr's Easyway method to problem drinking. By explaining why you feel the need to drink and, with simple step-

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

by-step instructions to set you free, he shows you how to escape from the alcohol trap.

- A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES THE DESIRE TO DRINK ALCOHOL • STOP EASILY,

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Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

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 "It
was such a revelation
that instantly I was

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

freed from my
addiction." Sir
Anthony Hopkins
"His skill is in

removing the
psychological
dependence" The
Sunday Times

Wine is a normal part
of life, isn't it? It is
usual for thirty-
somethings to
collapse in the

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Way To Stop

Drinking (quit

Drinking Book 1)

evening with a glass or two of something sophisticated to diffuse the stress of the day and calm their buzzing brains, whether they be professionals, mothers, wives or homemakers. Rachel was no different. She juggled her many roles and

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

responsibilities well and rewarded herself with wine at the end of each day; after all, she deserved it. But, gradually her wine intake began to increase each night and soon it had gone from being a little treat to an absolute necessity. As wine invaded more and

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

more areas of her life, it became harder to cope. In turn it meant she drank more wine, firmly believing it was the cure, never considering for a moment that it could be the problem.

Eventually, when wine was dictating everything she did and did not do,

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Way To Stop

Drinking (quit

Drinking Book 1)

Rachel realised her life was unmanageable and that something had to change. However, as soon as she attempted to restrict or moderate her drinking, she seemed to want it even more. Her best intentions fell quickly by the way side after the first bottle was

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

opened and the first drink took control, compelling her to have more. Drinking would continue until there was none left or Rachel 'fell asleep'.

The following day consisted of a hangover, depression, overeating, remorse, worry, despair and self-hatred, until the

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Way To Stop

Drinking (quit

Drinking Book 1)

time came around when the next bottle could be opened and these awful feelings could be blotted out. This pattern of trying and failing to control her wine drinking brought Rachel to acknowledge that it was not possible to do so, and she decided that she had to

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Way To Stop

Drinking (quit

Drinking Book 1)

remove alcohol from her life forever.

Despite being sick and tired of the drinking-hangover-drinking cycle of failure, giving up was not easy and it was only after a few more failed attempts that Rachel managed to do so. This book details her life in that

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Way To Stop

Drinking (quit

Drinking Book 1)

first year of going alcohol-free. It describes in detail how her everyday pursuits became challenging and changing. Her outlook on the whole point of life turned on its axis when alcohol was removed, leaving her with a whole different sense of self

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Way To Stop

Drinking (quit

Drinking Book 1)

and being. The changes that occurred were astounding and beyond anything she believed could be possible. She thought that removing alcohol from her life was all about giving up; she had never considered what she might gain. I am Rachel. This is

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Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

my story.

Simon Chapple is a Certified Alcohol Coach who has helped thousands of people change the way that alcohol features in their lives. In How to Quit Drinking in 50 Days he'll give you a structured way to find complete freedom

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Way To Stop

Drinking (quit

Drinking Book 1)

from alcohol - for
now, or forever"--

Allen Carr was a
chain-smoker, who

used to get through
100 cigarettes a day

until he discovered

the 'Easyway to Stop
Smoking' in 1983.

His method involves a
psychological

reappraisal of why

people smoke as well

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Way To Stop

Drinking (quit

Drinking Book 1)

as understanding the subtle and pervasive nicotine trap and how it works.

Allen Carr's Easy Way for Women to Quit Drinking

The Original

Easyway Method

Your Personal Stop

Drinking Plan

?????????? ???

?????????? ???? -

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Way To Stop

Drinking (quit

Drinking Book 1)

The High 5 Habit

Allen Carr's Easy

Way to Stop Smoking

The Encyclopaedia

Britannica

In her global

phenomenon The

5 Second Rule,

Mel Robbins

taught millions

of people around

Online Library

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book)

***the world the five
second secret to
motivation. Now
she's back with)
another simple,
proven tool you
can use to take
control of your
life: The High 5
Habit. Don't let
the title fool you.
This isn't a book
about high fiving
everyone else in***

Online Library

Stop Drinking

*Now: The Easy
Way To Stop
Drinking (and
Drinking Book)*
**your life. You're
already doing
that. Cheering
for your favorite
teams.**

***Celebrating your
friends.***

***Supporting the
people you love
as they go after
what they want
in life. Imagine if
you gave that
same love and***

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Stop Drinking
Now: The Easy
**encouragement
to yourself. Or
even better, you
made it a daily
habit. You'd be
unstoppable. In
this book, Mel
teaches you how
to start high
fiving the most
important person
in your life, the
one who is
staring back at**

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Stop Drinking
Now: The Easy
Way To Stop
***you in the
mirror:***

***YOURSELF. If
you struggle with
self-doubt (and
who doesn't?) ...
If you're tired of
that nagging
critic in your
head (could
somebody evict
them already?) ...
If you're wildly
successful but all***

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Now: The Easy
*you focus on is
what's going
wrong (you're
not alone) ... If
you're sick of
watching
everybody else
get ahead while
you sit on the
couch with your
dog (don't bring
your dog into
this)Mel
dedicates this*

Online Library
Stop Drinking
Now: The Easy
book to you.

**Using her
signature science-
backed wisdom,
deeply personal
stories, and the
real-life results
that The High 5
Habit is creating
in people's lives
around the world
(and you'll meet
a lot of them
throughout this**

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Now: The Easy

Way To Stop

Drinking (with

Drinking Book 1)

book), Mel will teach you how to make believing in yourself a habit so that you operate with the confidence that your goals and dreams demand. The High 5 Habit is a simple yet profound tool that changes your attitude,

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Now: The Easy
Way To Stop
Drinking (crit
Drinking Book 1)

***your mindset,
and your
behavior. So be
prepared to
laugh and learn
as you take steps
to immediately
boost your
confidence,
happiness, and
results. It's time
to give yourself
the high fives,
celebration, and***

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Now: The Easy
*support you
deserve.*

**BY THE AUTHOR
OF NEW YORK
TIMES
BESTSELLER
THE
AUTHENTICITY
PROJECT, THE
BRAVE AND
FUNNY MEMOIR
THAT IS
CHANGING
LIVES. How one**

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Now: The Easy

Way To Stop

Drinking Spirit

Drinking Book 1)

Jones Dries Out.

Clare Pooley is a

Cambridge

graduate and was

a Managing

Partner at one of

the world's

biggest

advertising

agencies, and yet

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

***by eighteen
months ago she'd
become an
overweight,
depressed,
middle-aged
mother of three
who was drinking
more than a
bottle of wine a
day, and
spending her
evenings***

Googling 'Am I

Online Library

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Now: The Easy

Way To Stop

Drinking (and

Drinking Book)

around, she quit

drinking and

started a blog.

She called it

Mummy Was a

Secret Drinker.

This book is the

story of a year in

Clare's life. A

year that started

with her quitting

Online Library
Stop Drinking
Now: The Easy
***booze having
been drinking
more than a
bottle of wine 1)
every day. It sees
her starting a
hugely successful
blog, then
getting and
beating breast
cancer. By the
end of the year
she is booze free
and cancer free,***

Online Library

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Now: The Easy

Way To Stop

Drinking (Quit

Drinking Book)

and more

rewarding than

ever before.

Sober Diaries is

an upbeat, funny

and positive look

at how to live life

to the full.

Interwoven

within Clare's

Online Library
Stop Drinking
Now: The Easy
Way To Stop
Drinking (cut
Drinking Book 1)

***own very
personal and
frank story is
research and
advice, and
answers to
questions like:
How do I know if
I'm drinking too
much? How will I
cope at parties?
What do I say to
friends and
family? How do I***

Online Library
Stop Drinking
Now: The Easy
cope with
cravings? Will I
lose weight?
What if my
partner still
drinks? And
many more.
Allen Carr,
international
bestselling
author of The
Easy Way to Stop
Smoking, helps
you to take off

Online Library
Stop Drinking
Now: The Easy
***the pounds in
Allen Carr's
EasyWeigh to
Lose Weight.*** (1)
***Lose weight
without dieting,
calorie-counting
or using will-
power Allen
Carr's
revolutionary
eating plan
allows you to
enjoy food,***

Online Library
Stop Drinking
Now: The Easy
savour flavours
Why To Stop
all while you're
Drinking (with
losing weight.
Drinking Book 1)
You can: • Eat
your favourite
foods • Follow
your natural
instincts • Avoid
guilt, remorse
and other bad
feelings • Avoid
worrying about
digestive
ailments or

Online Library
Stop Drinking
Now: The Easy
feeling faint •
Learn to re-
educate your
taste • Let your
appetite guide
your diet Allen
Carr, author of
the world's
bestselling guide
to giving up
smoking, uses
his unique
approach to help
you lose weight

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (with

Easyweigh to

Lose Weight. A

**happy reader
says: 'I've found
the answer I've
been looking for
for 20 years! I've
done every diet
you can think of.
My sister urged
me to buy the
book - and I'm so**

Online Library

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Way To Stop

Drinking (quit

Drinking Book 1)

***glad I did! It isn't
someone telling
you what to do, it
isn't a weird
eating plan, IT
ISN'T A DIET!***

There's no guilt...

There's no

stuggle... There's

no restrictions...

You just know

what to do and

you know you

want to do it and

Online Library

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Way To Stop

Drinking (quit

Drinking Book 1)

why!' 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

Online Library
Stop Drinking
Now: The Easy
***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-***

Online Library
Stop Drinking
Now: The Easy
**expanding
worldwide
network of
clinics which
help treat a
range of issues
including
smoking, weight,
alcohol and
"other" drug
addiction.**

**NEW YORK
TIMES**

BESTSELLER •

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Now: The Easy

Way To Stop

Drinking (with

Drinking Book 1)

women and a

gorgeous memoir

of how one

woman healed he

rself.”—Glennon

Doyle, #1 New

York Times

bestselling

author of

Untamed “You

Online Library

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Way To Stop

Drinking (quit

Drinking Book. 1)

*Either way, it will
save your*

life.”—Melissa

Hartwig Urban,

Whole30 co-

founder and CEO

The founder of

the first female-

focused recovery

program offers a

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Stop Drinking

Now: The Easy

**groundbreaking
look at alcohol**

and a radical new

path to sobriety.

We live in a

**world obsessed
with drinking.**

**We drink at baby
showers and**

work events,

**brunch and book
club, graduations**

and funerals. Yet

no one ever

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Stop Drinking
Now: The Easy
questions
alcohol's

ubiquity—in fact,
the only thing 1)
ever questioned
is why someone
doesn't drink. It
is a qualifier for
belonging and if
you don't imbibe,
you are
considered an
anomaly. As a
society, we are

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Way To Stop

Drinking (quit

Drinking Book)

obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but.

When Holly Whitaker decided to seek help after one too many benders, she embarked on a

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Way To Stop
Drinking (quit
Drinking Book 1)

***journey that led
not only to her
own sobriety, but
revealed the
insidious role
alcohol plays in
our society and
in the lives of
women in
particular.
What's more, she
could not ignore
the ways that
alcohol***

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Drinking (Quit

Drinking Book)

companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are

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Stop Drinking

Now: The Easy

archaic, patriarchal, and

ineffective for

the unique needs

of women and

other historically

oppressed

people—who

don't need to

lose their egos

and surrender to

a male concept of

God, as the

tenets of

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Now: The Easy
Alcoholics
Anonymous
state, but who
need to cultivate
a deeper
understanding of
their own
identities and
take control of
their lives. When
Holly found an
alternate way out
of her own
addiction, she

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Way To Stop

Drinking (with

Drinking Book 1)

anyone

questioning their

relationship with

drinking, so that

they might find

their way as well.

Her resultant

feminine-centric

recovery

program focuses

Online Library

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Now: The Easy

Way To Stop

Drinking (Quit

Drinking Book)

***on getting at the
root causes that
lead people to
overindulge and
provides the
tools necessary
to break the
cycle of
addiction,
showing us what
is possible when
we remove
alcohol and
destroy our belief***

Online Library
Stop Drinking
Now: The Easy
system around it.
Written in a
relatable voice
that is honest 1)
and witty, Quit
Like a Woman is
at once a
groundbreaking
look at drinking
culture and a
road map to
cutting out
alcohol in order
to live our best

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (Quit

Drinking Book 1)

drinking the

same way again.

Your Simple

Guide to Easily

Reduce Or Quit

Alcohol

Take Control of

Your Life

Take Control of

Your Life with

Online Library

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

Easy Solution

The Easy Way to

Quit Caffeine

The Easy Way to

Stop Drinking:

The Effortless

Path to Being

Happy, Healthy

and Motivated

Without Alcohol

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Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

READ ALLEN
CARR'S EASY
WAY TO
CONTROL
ALCOHOL AND
BECOME A
HAPPY NON-
DRINKER FOR
THE REST OF
YOUR LIFE. Allen
Carr established
himself as the

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

world's greatest
authority on
helping people
stop smoking, and
his internationally
best-selling Easy
Way to Stop
Smoking has been
published in over
40 languages and
sold more than 10
million copies. In

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

this classic guide,
Allen applies his
revolutionary
method to drinking.

With startling
insight into why we
drink and clear,
simple, step-by-
step instructions,
he shows you the
way to escape
from the 'alcohol

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

trap' in the time it
takes to read this
book. □ A UNIQUE
METHOD THAT
DOES NOT
REQUIRE
WILLPOWER □
STOP EASILY,
IMMEDIATELY
AND PAINLESSLY
□ REMOVES THE
PSYCHOLOGICA

Online Library

Stop Drinking

Now: The Easy

Way To Stop
Drinking (quit
Drinking Book 1)

L NEED TO
DRINK □ 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 "It was

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

such a revelation
that instantly I was
freed from
addiction." Sir

Anthony Hopkins

"His skill is in
removing the
psychological
dependence." The

Sunday Times

Do you want to

stop drinking

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

alcohol? Are you sick of waking up with yet another hangover? Do you fear your children growing up and following in your footsteps? If you want to quit drinking for good, but don't know where to start, this

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

book is for you! In
this book you will
discover: How to
overcome your

fears about

quitting and build
your confidence

Why most people
think you are

'abnormal' when

you quit? What are

your risks in

Online Library

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Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

quitting drinking?

Can you die from

quitting alcohol?

Are you an

alcoholic? What

side-effects and

symptoms should

you expect? Is

recovery for the

rest of your life?

How can you help

your recovery?

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

How to break any habit in your life

The four mindsets of quitting drinking

What separates

Kevin from other

teachers in the

field of quitting

alcohol is his

ability to break

down complex

ideas into a no-

Online Library

Stop Drinking

Now: The Easy

nonsense, straight
Way To Stop
talking, and down
Drinking (quit
to earth approach.
Drinking Book 1)

His up front

coaching style is

developed around

breaking down

your alcohol

perceptions,

rethinking your

relationship with

alcohol, and its

Online Library
Stop Drinking
Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

use within our
society
Allen Carr's
Easyway is the
most effective stop-
smoking method of
all time and it has
now been
successfully
applied to a wide
range of other
issues. Here the

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

method focuses on one of the fastest-growing problems of modern times:

women's drinking.

Alcohol blights

women's lives

often in a different

way to men's:

women tend to

stay at home

drinking alcohol;

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

women often feel particular shame over drinking too much; drinking around children can be a particular burden; in summary there are a lot of added pressures on women to stop drinking and often

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

they feel this is an impossible task.

Luckily, Allen

Carr's Easyway

makes it easy to

stop drinking. It's

the tried-and-

tested cessation

method that really

works. With

startling insight

into why women

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

drink and clear,
simple, step-by-
step instructions,
Allen Carr shows
you the way to
escape from the
alcohol trap in the
time it takes to
read this book. A
unique method
that does not
require will power.

Online Library
Stop Drinking
Now: The Easy

Way To Stop
Drinking (quit
Drinking Book 1)
Stop easily,
immediately,
painlessly and
permanently. This
book removes the
psychological
need to drink.
Regain control of
your life.

--Publisher

Allen Carr's 100
cigarettes-a-day

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

addiction drove him to despair, but, after countless attempts to quit, he eventually kicked the habit.

This is an updated edition of his bestselling guide to giving up smoking.

The Sober Diaries

Online Library
Stop Drinking
Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

Kick the
Drink...Easily!
The Radical
Choice to Not
Drink in a Culture
Obsessed with
Alcohol
How to Stop
Drinking Alcohol
A Then and Now
Account of Life
Beyond Booze

Online Library
Stop Drinking
Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

Quit Drinking
Allen Carr's No
More Hangovers
***Escape the
Alcohol
Addiction and
Regain Control
Over Your Life
Alcoholism or
alcohol
addiction can
happen to***

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

**everyone. It's a
disease that
doesn't
discriminate,
and its
destructive
claws can pull
you in, no
matter the age,
race, social
status, or
education level.
It's always hard**

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 4)

***to admit to
ourselves we
have a problem,
and we tend to
find excuses to
avoid dealing
with our issues.
Once you take
that first step,
you have
already made
massive
progress on the***

Online Library
Stop Drinking
Now: The Easy
**road to
recovery. You
are not alone in
this. This
detailed step-
by-step guide
to stop drinking
will help you on
this journey.
Here, Allen
Grace presents
effective
methods you**

Online Library

Stop Drinking

Now: The Easy

can use to understand the

root of your

problem and 1)

start solving it.

He will mentor

you through

this process,

and you'll find

support and

encouragement

in his words.

This guide aims

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (Quit

Drinking Book 1)

***to inspire you
to open your
eyes and take a
step into a
better future.***

***Here's what
this book will
help you with:
Understanding
different stages
and shapes of
alcohol
addiction***

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (Quit

Drinking Book 1)

**Recognizing
alarming signs
of alcoholism
Training your
willpower and
deciding to quit
drinking**

**Understanding
the**

**psychological
and emotional
factors that
contribute to**

Online Library

Stop Drinking

Now: The Easy

addiction

Way To Stop

Drinking (quit

Drinking Book 1)

and recognizing

the traits that

will help you

and those that

will hold you

back Taking

steps to stop

drinking and

maintaining

sobriety Fixing

Online Library
Stop Drinking
Now: The Easy
your
relationships
and connecting
to your close
ones

Understanding
the "12 Steps
Program", how
it works and
how to stay on
it Believing in
yourself, and
the power of

Online Library
Stop Drinking
Now: The Easy
**your mind And
much more! It's
hard to
recognize the
moment our
relationship
with alcohol
becomes
dangerous. We
say that we
only drink over
the holidays,
just on**

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

weekends or socially. So how do you know when the habit becomes the addiction? Use this guide to find out the answer to that question.

Remember, it's never too late, and only you

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

**have the power
to make a
positive
change. If you
want to stop
drinking and
become a
healthier,
happier
individual,
Scroll up, click
on "Buy Now
with 1-Click",**

Online Library

Stop Drinking

Now: The Easy

and Get Your

Copy Now!

**Easyway is the
most successful
stop-smoking
method of all
time. It has
helped smokers
from all over
the world to
quit. Now it has
been applied to
problem**

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

drinking. After explaining why you feel the need to drink, he shows you how to escape from the alcohol trap.

With the brilliant illustrations of Bev Asibett, Allen Carr's

Online Library

Stop Drinking

Now: The Easy

globally best-selling method

is presented

here in a truly

refreshing,

accessible,

dynamic, funny

and enjoyable

way.

'Sober in Seven'

details each of

the seven

stages that the

Online Library
Stop Drinking
Now: The Easy
**author worked
through, to
wrench his life
back from the
clutches of
alcohol. It
offers
inspiration,
help and hope
to anyone else
seeking to do
the same.**

Alcohol

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (Quit

Drinking Book 1)

Explained is the definitive, ground-breaking guide to alcohol and alcohol addiction. It explains how alcohol affects human beings on a chemical, physiological and psychological

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

***level, from our
first drinks
right up to
chronic
alcoholism.***

***Despite being
entirely
scientific and
factual in
nature the book
is presented in
an accessible
and easily***

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (with

Drinking Book 1)

***understandable
format. For
those with an
alcohol problem
it will explain
why they have
a problem and
what they can
do about it. For
those who are
unsure whether
they have a
problem or not***

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

it provides them with firm guidance. For those who have someone close to them who has an alcohol problem it will help them to understand what that person is going through, how

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

***they ended up
where they are,
and what they
can do to help
them. However
this is not just a
book for people
with links to
problem
drinking, it is
compulsive
reading for
anyone who has***

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

***ever, or will
ever, drink an
alcoholic drink.***

***How many
people have
inadvertently
drunk too much
on occasion?***

***Virtually every
drinker on the
planet has done
that! But how
many people***

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

***have actually
stopped to
think why?***

***There is in fact
a logical,
scientific
explanation for
this***

***phenomenon, it
is fully and
simply***

***explained in
this book. Even***

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

***for those who
have never
imbibed alcohol
this book
provides a
fascinating
insight into
addiction
generally and,
more
specifically,
into a
substance that***

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

***has pervaded
our society to
such a great
extent that it is
now an integral
part of our
culture.***

***Allen Carr's
Easy Way to
Control Alcohol
Alcoholism and
Recovery
This Naked***

Online Library

Stop Drinking

Now: The Easy

Mind

Way To Stop
Alcohol and You

- 21 Ways to

Control and

Stop Drinking

The 30-Day No

Alcohol

Challenge

How one

woman stopped

drinking and

started living.

By New York

Online Library
Stop Drinking
Now: The Easy
Times
Way To Stop
Bestseller
Drinking (quit
The Sobriety
Journal Book 1)

READ THIS BOOK
AND BECOME A
HAPPY
NONGAMBLER
FOR THE REST OF
YOUR LIFE Allen
Carr's Easyway is a
global phenomenon.
It has helped

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

millions of smokers from all over the world, and has also been successfully applied to a wide range of other issues, including drinking, overeating, and overspending. Here the method addresses the fastest growing social problem of

Online Library

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

modern times:
gambling. Allen Carr
explains how
gamblers fall into
the trap and why
they keep gambling
despite knowing that
it's ruining their
lives. By explaining
the nature of the
trap, he removes
the desire to gamble
and the fears that

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

keep you hooked.

Most important of

all, you will not feel

that you've made a

sacrifice, you will

not miss gambling,

and you will enjoy

life to the full without

feeling in any way

deprived. What

people say about

Allen Carr's

Easyway method:

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

"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

Online Library
Stop Drinking
Now: The Easy
Sunday Times

Way To Stop
Drinking (quit
Drinking Book 1)
Everything you need
to know to control or
stop drinking alcohol
- all in one book.

This is practical,
scientific advice that
you can put to work
in your own life right
away. It doesn't
matter whether you
want to reduce your
drinking, stop

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

drinking temporarily,
or stop permanently,
as this book will
clarify which option
is best for you. The
writer is a leading
addiction therapist
in government-
funded services,
who has carried out
thousands of hours
face-to-face
research with

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

problem drinkers.

This book explains the methods he has found that really

work - not just in

theory, but in the

real world, with real

people like you. An

Amazon #1 Best

Seller, "Alcohol and

You" provides

essential reading,

including: * How to

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

reduce and control
your drinking. * How
to stop drinking
temporarily or
permanently. * How
to test and self-
diagnose alcoholism
instantly. * How to
build and sustain
motivation. * How to
choose your
method: reduction
or detox. * How to

Online Library

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

do safe alcohol
detoxification
without rehab. *

How to maintain
alcohol recovery
over time. *

Discover
prescription drugs
that stop alcohol
cravings. * Find out
if going to Alcoholics
Anonymous works. *

Find out which

Online Library
Stop Drinking
Now: The Easy

therapy is best:

CBT, 12 Step, or
Motivation Therapy.

* Find out if

Mindfulness or

Hypnotherapy work

for alcohol

reduction. * Learn

the signs, symptoms

and definition of

alcoholism, and how

to reverse it. *

Discover the most

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

reliable solution the author has used with thousands of drinkers. Order your copy of "Alcohol and You" and stop problem drinking

**NOW! READ
WHILE YOUR
BOOK SHIPS -**

Order your paperback today and download the

Online Library
Stop Drinking
Now: The Easy
Kindle version
Way To Stop
FREE! (Available
Drinking (quit
using Kindle
Drinking Book 1)
MatchBook
function.)

Craig Beck was a
successful and
functioning
professional man in
spite of a 'two
bottles of wine a
night' drinking habit.
For 20 years, he

Online Library
Stop Drinking
Now: The Easy

struggled with
Way To Stop
problem drinking, all
Drinking (quit
the time refusing to
Drinking Book 1)
label himself an
alcoholic because
he did not think he
met the
stereotypical image
that the word
portrayed. Discover
why all 'will-power'
based attempts to
stop drinking will fail

Online Library

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

(exactly as they are
destined to do).

Slowly Craig

discovered the truth

about alcohol

addiction, and one

by one, all the lies

he had previously

believed started to

fall apart. For the

first time, he noticed

that he genuinely

did not want to drink

Online Library

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Way To Stop

Drinking (quit

Drinking Book 1)

anymore. In this book, he will lead you through the same remarkable process. No need to declare yourself an alcoholic. A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no

Online Library

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

‘ will-power ’ required.

Treats the source of the problem, not the symptoms.

A Quick and Easy

Guide to the 12

Step Program This

book will help you

get motivated to

stop drinking by

pointing out the

benefits of quitting

and by going over

Online Library
Stop Drinking
Now: The Easy

the 12 step
program. The
program needs to
be applied in an AA
group, but this
simple e-book will
give you some
insights and go over
it, so you'll be a step
ahead before you
show up there. Find
out more about the
prevalence of the

Online Library

Stop Drinking

Now: The Easy

Way To Stop
Drinking (quit

Drinking Book 1)

drinking problem,
the negative effects
on the human body,
all the things you'll
have if you stop,

and the basics of

the 12 step AA

Alcoholics

Anonymous

program. Keywords:

How to quit drinking,

stopping drinking,

steps to quit

Online Library

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Way To Stop

Drinking (quit

Drinking Book 1)

drinking, steps to
stop drinking, tips to
quit drinking alcohol,
tips to stop drinking
alcohol, stop
alcoholism, quitting
alcohol, alcohol
addiction, alcohol
addict, addicted to
alcohol, alcoholics,
drinking addiction,
addicted to liquor,
liquor addict,

Online Library

Stop Drinking

Now: The Easy

naturally stop
drinking liquor, easy

stop drinking,

effects of liquor,)

alcohol effects, easy

quit alcohol, proven

guide to stop

alcohol drinking,

recovery from

drinking, recovery

from alcohol, stop

drinking method,

stop drinking liquor

Online Library
Stop Drinking
Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)
program, quit
alcohol program,
stop alcohol now,
quit alcohol now,
never drink alcohol
again, no more
alcohol, no more
liquor, quit drinking
alcoholic beverages
for life, quit drinking
forever, stop
drinking alcohol
today, easy stop

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

drinking program,
simple quit alcohol
program, simple
steps to stop
drinking alcohol,
simple steps to quit
drinking liquor, quit
alcoholic beverages
steps, stop alcohol
from now on, no
more alcohol
addiction, no more
liquor addiction, 12

Online Library
Stop Drinking
Now: The Easy
step program,
Way To Stop
twelve steps
Drinking (quit
program, twelve
Drinking Book 1)
step AA meeting,
Alcohol Addiction
program, Anti-
alcohol program, 12
step AA meetings,
12 step alcohol
addict program
The Easy Way for
Women to Stop
Drinking

Online Library

Stop Drinking

Now: The Easy

The Easy Way to
Mindfulness

Be a Happy Non-
smoker for the Rest
of Your Life

Quit Like a Woman

The Easy Way to
Stop Gambling

Free your mind from
worry and anxiety

Live a healthier,
happier life

READ THIS

Page 152/222

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

**BOOK, FOLLOW
THE
INSTRUCTIONS
AND STOP**

DRINKING

NOW. Allen

Carr's Easyway

method has

helped millions

of people to quit

smoking,

alcohol and

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

other drugs, as well as to stop gambling, over-eating and getting into debt. It will show you the way to escape from the alcohol trap. With the brilliant illustrations of

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

*Bev Aisbett, this
handy pocket
book presented
in a truly
refreshing,
accessible,
dynamic, funny
and enjoyable
way. What
people say
about Allen
Carr's Easyway*

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

*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

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

Hopkins "His skill is in removing the psychological dependence."

The Sunday Times

This Naked Mind has ignited a movement across the

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit
Drinking Book 1)

country, helping

thousands of

people forever

change their

relationship

with alcohol.

Many people

question

whether

drinking has

become too big

a part of their

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

lives, and worry that it may even be affecting their health.

But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it

Online Library

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

*up will involve
deprivation and
misery. This
Naked Mind
offers a new,
positive
solution. Here,
Annie Grace
clearly presents
the
psychological
and*

Online Library
Stop Drinking
Now: The Easy
*neurological
components of
alcohol use
based on the
latest science,
and reveals the
cultural, social,
and industry
factors that
support alcohol
dependence in
all of us. Packed*

Online Library

Stop Drinking

Now: The Easy

with surprising

insight into the

reasons we

drink, this book

will open your

eyes to the

startling role of

alcohol in our

culture, and

how the stigma

of alcoholism

and recovery

Online Library

Stop Drinking

Now: The Easy

*keeps people
from getting the
help they need.*

With Annie's

own

extraordinary

and candid

personal story

at its heart, this

book is a must-

read for anyone

who drinks. This

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

*drinking). With
clarity, humor,
and a unique
blend of science
and storytelling,
This Naked
Mind will open
the door to the
life you have
been waiting
for. "You have
given me my*

Online Library
Stop Drinking
Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

live back.”

*—Katy F.,
Albuquerque,
New Mexico*

*“This is an
inspiring and
groundbreaking
must-read. I am
forever inspired
and changed.”*

*—Kate S., Los
Angeles,*

Online Library

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

*California "The
most selfless
and amazing
book that I have
ever read."*

—Bernie M.,

Dublin, Ireland

This text is bold

and

controversial

and takes issue

with many

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

*experts in the
field and much
received
wisdom. It
dispels all
illusions about
the benefit of
alcohol,
promises no
withdrawl
symptoms and
removes the*

Online Library

Stop Drinking

Now: The Easy

*desire and need
for alcohol.*

Way To Stop
Drinking (quit

Drinking Book 1)

***FACING
PROBLEMS***

WITH

ALCOHOL? DO

YOU WANT

YOUR

HEALTHY

LIFESTYLE

BACK? LEARN

Online Library
Stop Drinking
Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

*HOW TO
REGAIN SELF
AWARENESS
AND CURE*

*YOUR
ADDICTION
...NOW !! This
book will teach
you exactly how
you can
overcome
alcoholism and*

Online Library

Stop Drinking

Now: The Easy

how dangerous

it is to drink

regularly;

alongside it will

reveal the

possible ways

that can help

you quit

drinking at

once. In this

guide, you will

learn real facts

Online Library
Stop Drinking
Now: The Easy
about
alcoholism,
which will
benefit your self-
awareness and
teach you how
to overcome
your addiction.
Alcoholism is
the bitter truth
of our society
but there are

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

*several ways of
terminating or
reducing your
alcohol intake.*

*You will get to
know the health
issues involved
the remedies
and the
interesting
solutions on
how to control*

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Drinking (quit

Drinking Book 1)

it. The book also reveals several techniques that can change your life for good and rise your self-awareness about this problem.

Quitting drinking may sound extreme,

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Drinking (quit

Drinking Book 1)

*but the benefits
of surmounting
alcoholism make
it worthwhile.*

*Alcohol is a
depressant that
can upset the
chemistry of our
brains and leave
us emotionally
unbalanced; you
need to stop*

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Drinking (quit

Drinking Book 1)

*drinking now to
be able to
regain control of
your life. By*

buying this

book, you will

learn: What are

the causes of

Alcoholism

Methods to

treat Alcoholism

How to quit

Online Library

Stop Drinking

Now: The Easy

your drinking

habit Tips that

can change your

Life How to

achieve a sober

life The benefits

of a sober life

How to keep a

sober life This

guide will put

you on the road

to recovery,

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Stop Drinking

Now: The Easy

*covering many
focal points that
will help you to
stop drinking.*

*So! Do not wait
a minute longer
and grab your
copy now!*

*Stop Drinking
Easily & Safely
An Easy Guide
to Stop Drinking*

Online Library
Stop Drinking
Now: The Easy
and Recover
Way To Stop
from Alcohol
Drinking (quit
Drinking Book 1)
How to Regain
Self-Awareness
to Change Your
Alcoholic Habits
No More
Worrying
Alcohol
Explained

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

*The Easy Way to
Stop Smoking
Transform Your
Drinking with
this Radical
New Guide*

Do you eat when you're not hungry? Or when you're angry and upset? Do you eat to control your feelings? Allen Carr's Easyway is the most successful self-help

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

stop-smoking method of all time. It has helped millions of smokers all over the world to quit, and has since been used to treat other addictions such as drinking and gambling. Allen Carr's Easyway method works by unravelling the brainwashing that leads us to desire the very thing that is harming us, meaning that we are

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (Quit

Drinking Book 1)

freed from the addiction rather than merely restricting our behavior.

The Easyway method has now been applied to the problem of

emotional eating. With

Allen Carr's Easyway

method, you can eat as

much of your favorite

foods as you want,

whenever you want, as

often as you want, and

be the exact weight you

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Way To Stop

Drinking (Quit

Drinking Book 1)

want to be, without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe? Read this book. 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

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Now: The Easy

Way To Stop
dependence." The

Sunday Times "I know

so many people who

turned their lives

around after reading

Allen Carr's books." Sir

Richard Branson

Presents the Easyway

method for quitting

smoking, based on a

factual understanding of

the harm of cigarette

addiction and practical

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Way To Stop

Drinking (quit

Drinking Book 1)

advice on how to
successfully break the
habit.

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 stop smoking
method of all time,

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Way To Stop

Drinking (with

Drinking Book)

Easyway, 'No More Worrying' offers a step-by-step summary that is perfect for use on its own or as a com...

Alcohol and Guilt-Free Strategies You'll Love for Happier Hours & a Joy-Filled Life Are you struggling with alcohol dependence or addiction? Would you love to cut back or quit but have no idea what to

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Way To Stop

Drinking (quit

Drinking Book 1)

do or how to begin? Or do you yearn for a fresh start? First things first: start from your heart. Cassandra Gaisford, a health counselor, holistic therapist and the #1 bestselling author of Stress Less, Sexy Sobriety, Mid-Life Career Rescue and Find Your Passion and Purpose, (BCA, Dip Psych) provides the

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Now: The Easy

Way To Stop

Drinking (Quit

Drinking Book 1)

ultimate sobriety
solution. This guided
book leaves you free to
create your own
bespoke journal tailored
to support your needs.

Includes, Journal

Writing Prompts,

Empowering and

Inspirational Quotes

and Recovery Exercises

that can be of use in

your daily journal

writing, working with

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (Quit

Drinking Book 1)

your sponsor or use in a recovery group. The passion and purpose-inspired Sobriety Journal is the perfect place to begin your love affair. Think Brand You! Creating successful change and committing to sobriety is impossible without passion, enthusiasm, zest, inspiration and the deep satisfaction that comes

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Way To Stop

Drinking (with

Drinking Book)

from putting your energy into something healthier that still delivers you some kind of buzz. Very often, an important step is to swap a negative addiction with a new obsession and in this regard, nothing beats following your passion. Passion is a source of energy from the soul, and when you combine

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (Quit

Drinking Book #1)

it with doing something that benefits yourself and others, that's where you'll find your magic.

Love is the way forward.

Meeting peoples' needs, hopes, dreams, and

desires; or offering

something which helps

them solve problems for

which they'd love a

cure, is good for your

soul and will speed your

recovery. Cut back or

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Now: The Easy

Way To Stop

Drinking (Quit

Drinking Book)

quit drinking entirely
without becoming a
hermit, being

ostracized, or cutting
back on an enjoyable
social life-all from the
comfort of your home.

The passion and
purpose-inspired

Sobriety Journal brims
with a range of creative,
practical and
wonderfully refreshing
and healthy strategies to

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (with

Drinking Book 1)

help you stop drinking or reduce alcohol. Not everyone wants or needs to join a support group to adopt a more mindful approach to controlling their alcohol consumption or to deal with their drinking problems. Gaisford provides readers with a carefully curated, inspirational alcohol-free alternatives.

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

"Anyone who needs to be kept on track or inspired to commit to living sober will find genuine help in this refreshingly insightful and solution-focused book." The passion and purpose-inspired Sobriety Journal grew out of Cassandra Gaisford's decades-long work in self-esteem, well-being and success

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (Print

Drinking Book)

coaching. This book guides you through a variety of different booze-free alternatives that will make your soul sing and send your dopamine levels soaring. Over time, The Sobriety Journal enables you to more easily make positive choices again and again. The Sobriety Journal is a companion

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (Practical

Drinking Book 1)

Discover Freedom, Find

Happiness and Change

Your Life-integrating

neuroscience, cognitive

therapy, proven tools,

and teachings to help

people suffering from

alcohol dependence and

addiction. The Sobriety

Journal easy strategies

for happier hours & a

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (with

Drinking Book)

joy-filled life will help you achieve your goals-whether that's getting sober or just cutting back-and create positive, permanent transformational change in your life. Stop drinking now. Kick the drink easily. Swap a negative addiction for a positive, life-enhancing, passion and purpose-driven obsession one.

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

Alcohol Lied to Me: The
Intelligent Escape from
Alcohol Addiction

Stop Drinking Now

Control Alcohol, Find

Freedom, Discover

Happiness & Change

Your Life

The revolutionary Allen

Carr's Easy Way

Online Library

Stop Drinking

Now: The Easy

method in pocket form

Way To Stop

Allen Carr's Easyweigh

to Lose Weight

A Dictionary of Arts,

Sciences, Literature and

General Information

How to Quit Alcohol in

50 Days

A fresh take on

the Allen Carr

method with all-

new text. Includes

free hypnotherapy

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

*CD. Most drinkers
are convinced
that it's almost
impossible to stop
drinking and to
free themselves
from addiction;
they also feel
unable to solve
any of the
widespread
problems drinking*

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Stop Drinking
Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

causes. The wonderful news is that this book shows you how to stop immediately, painlessly and permanently. This book understands drinkers and how they think and, without being judgemental or

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Stop Drinking

Now: The Easy

patronising, takes them through the process of how to get alcohol out of their lives.

Demonstrates how drinkers fall into the trap of drinking, the psychology behind being addicted and how to quit

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

*this mug's game
once and for all.*

*This book has
more compelling
evidence than
ever before that
your addiction to
alcohol is much
less physical than
it is mental.*

*Alcohol is not
something your*

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (Quit

Drinking Book 1)

body needs, but something your mind thinks it needs. Stop

Drinking Now

explains the

mental process of

addiction and how

to reverse that

process easily,

painlessly and

permanently.

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

The revolutionary international bestseller that will stop you smoking - for good. 'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

strong claim from Allen Carr, but as the world's leading and most successful quit smoking expert, Allen was right to boast! Reading this book is all you need to give up smoking. You can even smoke

Online Library

Stop Drinking

Now: The Easy

while you read.

Way To Stop

Drinking (quit

Drinking Book 1)

There are no

scare tactics, you

will not gain

weight and

stopping will not

feel like

deprivation. If you

want to kick the

habit then go for

it. Allen Carr has

helped millions of

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

*people become
happy non-
smokers. His
unique method
removes your
psychological
dependence on
cigarettes and
literally sets you
free. Accept no
substitute. Five
million people*

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

*can't be wrong.
There is no such
thing as an
alcoholic and
there is no such
disease as
alcoholism! (as
society
understands it).
Whether you
agree with this
statement or not,*

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Stop Drinking

Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

one thing is for sure, you will never see alcohol in the same light ever again after reading this book.

Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely

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Now: The Easy

Way To Stop

Drinking (Quit

Drinking Book 1)

*consumed drug.
Jason's major
argument is there
is no such thing
as an 'alcoholic'
and that we are
conditioned to
accept alcohol as
a 'normal'
substance in
today's society
despite the fact*

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol

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Stop Drinking

Now: The Easy

forever; show you

how to stop

drinking; help you

enjoy the process

and enjoy your life

so much more

than you do now

without having to

drink alcohol. So

open your mind

and take a

journey with Jason

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

to explore the myths about the most used and accepted drug addiction in the world!

Over 80 per cent of adults in the UK use caffeine every day. But at what point, did they consciously

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

decide to consume it daily and begin to feel uneasy if they didn't? Caffeine is a bitter addictive drug which acts as a natural insecticide. It attacks the central nervous system and makes

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

people jittery. It fools you into thinking you are more alert. Quite simply, it's bad for you with no actual benefits. In The Easy Way to Quit Caffeine, Allen Carr addresses the difficulties coffee-drinkers -

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Way To Stop

Drinking (quit

Drinking Book 1)

and fizzy drink consumers - face in trying to quit caffeine. By explaining why you feel the need for caffeine and with simple step-by-step instructions to set you free from your addiction,

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Now: The Easy

Way To Stop

Drinking (quit

Drinking Book 1)

more chilled life.

Sober in Seven

The 10-Day

Alcohol Detox

Plan

The Illustrated

Easy Way to Stop

Drinking

Easy Step By Step

Online Library

Stop Drinking

Now: The Easy

Way To Stop

Drinking Alcohol

and Delete it

From Your Life

Easy Way to

Control Alcohol

Set yourself free

from binge-eating

and comfort-

eating

Allen Carr's

Easyway method

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Way To Stop

Drinking (quit

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also been

successfully

applied to a wide

range of other

addictions,

including

gambling,

overeating and

drinking alcohol.

As the reader

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Now: The Easy

Way To Stop

Drinking (Quick)

Drinking Book)

works their way

through this book,

they write their

own story of their

addiction to

alcohol, analyzing

their reasons for

drinking and their

fears about life

without drinking.

Guided by the

interactive format,

readers come to

recognize the truth

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Stop Drinking
Now: The Easy
Way To Stop
Drinking (quit
Drinking Book 1)

**about their
drinking by
recording (and
examining their
own beliefs,
aspirations and
insights as they go
along and are
prompted to
rewrite the story of
their life as a
drinker with a
positive ending.**