

Allen Carrs Finally Free The Easy Way To Stop Smoking For Women

Allen Carr's 100 cigarettes-a-day 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.

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 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 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 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 PSYCHOLOGICAL 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 such a revelation that instantly I was freed from addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

The Spaghetti Startup introduces the Lasagna Framework, a new tool for 'strategic growth hacking'. Lasagna helps startups achieve 'sustainable growth' by properly designing their 'growth engines' based on systems and design thinking. It is also a diagnostic tool that helps resolve core problems, avoid common pitfalls and increase the viability of an innovation-driven enterprise. Written with a fun, fable-ish twist, the book starts out with a futuristic story of the famed startup ecosystem, the Silicon Valley. It turns out, in the August of 2025, things change for the worse. There is an epidemic of spaghetti poisoning that plagues all entrepreneurs. The spag worm they contract impairs their judgment, which in turn puts their startups in jeopardy. Doctors have no remedy for the condition and the death toll is increasing. But, hey! There is a hero in this story, too! Apparently, our professing cat, Dr. Caddy has a solution to share with his fellows. All they need to do is to adopt Lasagna thinking, the cure for their spaghetti-driven minds. Visit Lasagnac.com to join the community, share your experiences, and help each other with fellow entrepreneurs from around the world.

A fresh take on the Allen Carr method with all-new text. Includes free hypnotherapy 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 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 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 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 body needs, but something your mind thinks it needs. Stop

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Drinking Now explains the mental process of addiction and how to reverse that process easily, painlessly and permanently.

Take Control of Your Life

Eat yourself free from sugar and carb addiction

Allen Carr's Easy Way to Control Alcohol

Free Yourself from Digital Addiction

Plus a unique 70 minute audio seminar delivered by the author

Following the enormous success of his bestselling Easy Way to Stop Smoking, Allen Carr here exposes the traps of smoking, and provides smokers with the motivation to break free forever. This book will help you- Achieve the right frame of mind to quit Ignore the myths of addiction, weight gain and willpower Give up without dependence on rules or gimmicks Understand the stress that women face who are trying to quit Enjoy the freedom and choices that non-smokers have in life

THE BEST-SELLING EASYWAY METHOD APPLIED TO COCAINE ADDICTION

Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. This book applies that incredible method to the problem of cocaine addiction. It will give you advice about habitual triggers and how to understand that cocaine has no benefits for you - not even that of feeling good. Through following this method, you will not only be set free from your cocaine addiction but you will also find it easy and even enjoyable to quit. • Without using willpower, aids, substitutes, or gimmicks • Without gaining weight • Without suffering anxiety, depression, or unpleasant withdrawal symptoms This book is designed to help busy people, who appreciate clear no-nonsense guidance. It gives you a structured, easy-to-follow method for getting free from cocaine painlessly and immediately. What people say about Allen Carr's Easyway method: "Allen Carr's international bestseller...has helped countless people quit." Time Out New York "If you want to quit ... its called the Easyway ... I'm so glad I quit." Ellen DeGeneres "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 Easyway is the most successful stop smoking method of all time. It has helped millions of smokers all over the world quit instantly, easily, painlessly and

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permanently. Finally Free! is a specially adapted, cutting-edge presentation of Allen Carr's Easyway method with accessible new text and design. Here, every aspect of smoking is examined from a female perspective, and answers are provided to every question and concern.

Presents the Easyway method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and practical advice on how to successfully break the habit.

Packing it in the Easy Way

Lose Weight Now

Slaughterhouse-Five

The Easy Way for Women to Stop Smoking

Finally Free!

The original Easyway method

Begin your new life as a non-smoker today. This book will help you: Find the right frame of mind to quit Avoid weight gain Simply and easily stop smoking Enjoy the freedom and choices of all non-smokers From Allen Carr, the worldwide bestselling author of Easy Way to Stop Smoking. 'I was exhilarated by a new sense of freedom.' Independent'This guy's brilliant. And I haven't smoked since.' Ashton Kutcher 'Instantly I was freed from my addiction'.Sir Anthony Hopkins

A special fiftieth anniversary edition of Kurt Vonnegut's masterpiece, "a desperate, painfully honest attempt to confront the monstrous crimes of the twentieth century" (Time), featuring a new introduction by Kevin Powers, author of the National Book Award finalist The Yellow Birds Selected by the Modern Library as one of the 100 best novels of all time Slaughterhouse-Five, an American classic, is one of the world's great antiwar books. Centering on the infamous World War II firebombing of Dresden, the novel is the result of what Kurt Vonnegut described as a twenty-three-year struggle to write a book about what he had witnessed as an American prisoner of war. It combines historical fiction, science fiction, autobiography, and satire in an account of the life of Billy Pilgrim, a barber's son turned draftee turned optometrist turned alien abductee. As Vonnegut had, Billy experiences the destruction of Dresden as a POW. Unlike Vonnegut, he experiences time travel, or coming "unstuck in time." An instant bestseller, Slaughterhouse-Five made Kurt Vonnegut a cult hero in American literature, a reputation that only strengthened over time, despite his being banned and censored by some libraries and schools for content and language. But it

was precisely those elements of Vonnegut's writing—the political edginess, the genre-bending inventiveness, the frank violence, the transgressive wit—that have inspired generations of readers not just to look differently at the world around them but to find the confidence to say something about it. Authors as wide-ranging as Norman Mailer, John Irving, Michael Crichton, Tim O'Brien, Margaret Atwood, Elizabeth Strout, David Sedaris, Jennifer Egan, and J. K. Rowling have all found inspiration in Vonnegut's words. Jonathan Safran Foer has described Vonnegut as “the kind of writer who made people—young people especially—want to write.” George Saunders has declared Vonnegut to be “the great, urgent, passionate American writer of our century, who offers us . . . a model of the kind of compassionate thinking that might yet save us from ourselves.” Fifty years after its initial publication at the height of the Vietnam War, Vonnegut's portrayal of political disillusionment, PTSD, and postwar anxiety feels as relevant, darkly humorous, and profoundly affecting as ever, an enduring beacon through our own era's uncertainties. “Poignant and hilarious, threaded with compassion and, behind everything, the cataract of a thundering moral statement.”—The Boston Globe

Allen Carr, international bestselling author of *The Easy Way to Stop Smoking*, helps you to take off the pounds in Allen Carr's *EasyWeigh to Lose Weight*. Lose weight without dieting, calorie-counting or using will-power Allen Carr's revolutionary eating plan allows you to enjoy food, savour flavours all while you're losing weight. You can:

- Eat your favourite foods
- Follow your natural instincts
- Avoid guilt, remorse and other bad feelings
- Avoid worrying about digestive ailments or 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 simply and easily in no time at all - in *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 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 struggle... There's no restrictions... You just know what to do and you know you want to do it and 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 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-expanding worldwide network of clinics which help treat a range of issues including smoking, weight, alcohol and "other" drug addiction.

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

30 Years of Helping Smokers to Stop

Allen Carr's Easy Way to Better Sleep

The Easy Way to Stop Smoking

Smart Phone Dumb Phone

The Shallows: What the Internet Is Doing to Our Brains

A Novel

Autobiography of health guru.

Reading this book is all you need to do to take control of what you eat.

There are no scare tactics and eating less will not feel like deprivation;

quite the opposite in fact—you will feel much happier. The Easyway method

removes your psychological dependence on comfort eating and junk food,

setting you free to live as you choose. Once learned, the principles can

never be unlearned, ensuring that the benefits in health and well-being you

experience will be permanent.

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

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 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 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: "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

Eat as much of your favourite foods as you want, whenever you want, as

often as you want, and be the exact weight you want to be without dieting,

special exercise, using willpower or feeling deprived. Do you find that

difficult to believe? Read this book.

Kick the Drink...Easily!

Stop Drinking Now

The Spaghetti Startup

The Easy Way for Women to Stop Drinking

Be a happy nondrinker

The Original Easyway Method

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 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; 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 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 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. Stop easily, immediately, painlessly and permanently. This book removes the psychological need to drink. Regain control of your life. --Publisher

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

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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

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 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 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 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 psychological dependence." The Sunday Times "I know so many people who turned their lives around after reading Allen Carr's books."

Sir Richard Branson

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 •

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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 How to Stop Your Child Smoking

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Allen Carr's Easy Way to Quit Emotional Eating

The Easy Way to Mindfulness

The Fast-Track to Quitting Smoking Again for Good

A Memoir

Allen Carr's Easy Way to Stop Smoking by Allen Carr | Book Summary | Abbey Beathan (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link: <http://amzn.to/2DNQexP>) A book from the world's leading expert on how to quit smoking is here to teach you how to get rid of that nasty habit. Allen Carr's Easy Way to Stop Smoking is all you need to finally quit smoking. This title is not going to ensure that you don't smoke anymore by rambling on and on about the dangers of smoking. This is not another boring book meant to use scare tactics in order to force you to quit. The method used in Allen Carr's book is to remove your psychological dependence on cigarettes. By diving into the core of issue, your addiction will be suppressed. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) "The whole business of smoking is like forcing yourself to wear tight shoes just to get the pleasure of taking them off." - Allen Carr Allen Carr believes that the best method for quitting any addiction is by removing your dependency. If you suppress your desire to smoke, it won't take any willpower to stop smoking. That's the ideal method and the best of the best is here to coach you through it. More than five million people have taken on Allen Carr's easy method and have succeeded. Are you ready to be one of them? P.S. Allen Carr's Easy Way to Stop Smoking is an incredible book that will get you on the right track to quit smoking. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the "Buy now with 1-Click" Button to Get Your Copy. Why Abbey

Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect Choice if you're interested in the original book but never read it before FREE 2 Page Printable Summary BONUS for you to paste in on your office, home etc Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. If you're looking for the original book, search for this link: <http://amzn.to/2DNQexP> "One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge" - Abbey Beathan

READ THIS BOOK AND SLEEP WELL THE EASY WAY. Do you find it hard to switch off at night? Do you feel tired all day but when your head hits the pillow it's impossible to sleep? Whether it's worrying about work, 'doomscrolling' on your phone or overcaffeinating yourself to get through the day, modern lifestyle choices are robbing us from the sleep we deserve. But how can we break free from the vicious cycle of fatigue and insomnia? Allen Carr's Easyway method offers a unique solution. This world-renowned, clinically-proven method has helped an estimated 50 million people with their behavioral issues and addictions, including smoking, alcohol, weight control and digital addiction. In this book, this tried-and-tested method is applied to sleeping difficulties. The beauty of this method is that it DOES NOT RELY ON WILLPOWER. It will not ban your phone from your bedside or take away your morning coffee but instead unravel the cognitive brainwashing that has led you to desire the very behaviors that are harming you. In this way, you will be released from them without feelings of sacrifice or deprivation. With clear, step-by-step advice, this book will help you form healthy habits and live in tune with your natural sleep cycle so you can get back to that blissful promise of a good night's sleep. 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 "The Allen Carr method is totally unique." GQ "This method is as foolproof as it gets." Time Out

Allen Carr's Easyway is the most successful stop smoking method of all time. It has helped millions of smokers all over the world quit instantly, easily, painlessly and permanently. Finally Free! is a specially adapted, cutting-edge presentation of Allen Carr's Easyway method with accessible new text and design. Here, every aspect of smoking is ...

READ THIS BOOK NOW AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE Are you unhappy with the weight you are? In the Easy Way for Women to Lose Weight, Allen Carr addresses the difficulties that women face in trying to lose weight. Diets don't work and just lead to a feeling of deprivation, which can cause food disorders like binge-eating. By explaining why you feel the need to eat junk food and, with simple step-by-step instructions to set you free from this addiction, Carr shows you how to eat for a healthier, happier life.

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• A unique method that does not require willpower • Removes the psychological need to eat junk food • Banish emotional eating • Regain control of your life • Make eating a pleasure again
What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle."
Anjelica Huston "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 "I know so many people who turned their lives around after reading Allen Carr's books." Sir Richard Branson

The Easy Way for Women to Lose Weight

No More Worrying

The Glass Castle

Allen Carr's Easy Way for Women to Lose Weight

Summary: Allen Carr's Easy Way to Stop Smoking

Allen Carr: The Easy Way to Quit Cocaine

"This revised and updated presentation of the bestselling Easyway method features an audio CD with Allen Carr himself reading a stop smoking session. The Easyway method really works. Allen Carr has sold over 15 million books and helped countless more to quit through his network of clinics. All of this through recommendation and word of mouth. His method removes the need for willpower, and people don't suffer pangs or weight gain. Allen Carr's books have sold over 15 million copies to date in more than 25 different languages and Stop Smoking Now is the newest presentation of the Easyway message, updated for the 21st century but still centred on the world's most effective stop-smoking programme the tried and tested Easyway method, 'the one that works'. This inspirational pack contains a fully up to date version of The Easyway to stop smoking, Allen Carr's globally best selling title, together with a specially recorded CD which amounts to a private consultation with Allen himself, Stop easily, immediately, permanently. Try it!"--Publisher's description.

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

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 seminar 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. Allen's technique has enabled millions of smokers to stop easily, painlessly and permanently. It works without the need for willpower, there are no

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scare tactics and you won't gain weight. 'His method is absolutely unique, removing the dependence on cigarettes' - Sir Richard Branson.

READ THIS BOOK NOW AND BECOME A HAPPY 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 Women 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 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. 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

Set yourself free from binge-eating and comfort-eating

The Easy Way to Stop Gambling

Allen Carr's Easyweigh to Lose Weight

Good Sugar Bad Sugar

A Tale of Startup Survival Or How to Achieve Radical Growth with Systems & Design Thinking

Get Free from JUUL, IQOS, Disposables, Tanks or any other Nicotine Product

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 Quit Drinking Without Willpower, Allen Carr's Easyway method has been applied to problem drinking. By explaining why you feel the need to drink and with simple step-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, immediately, and painlessly • Regain control of your life
What people say about Allen Carr's Easyway method: "I read the book in one day and I never drank again." Nikki Glaser "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

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

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 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 while you read. 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 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 can't be wrong.

READ GOOD SUGAR BAD SUGAR AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE. Good Sugar Bad Sugar tackles the biggest dietary threat to the modern world: The addiction to refined sugar and processed carbohydrates, which is causing epidemics in obesity and Type 2 diabetes on a global scale. Sugar and carb consumption is an addiction that begins at birth, but once you free yourself with Easyway, you'll enjoy better health, higher levels of energy, dramatically improved body shape, and a happier, healthier lifestyle. 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. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES ADDICTION TO REFINED SUGAR AND PROCESSED CARBOHYDRATES • 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 "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 Easy Way to Stop Smoking for Women

Allen Carr's Finally Free!

The Only Way to Stop Smoking Permanently

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

Allen Carr's Quit Drinking Without Willpower

Allen Carr's Easy Way to Quit Vaping

Allen Carr's international bestseller, *The Easy Way to Stop Smoking*, has sold more than six million copies worldwide and helped to turn countless smokers into nonsmokers. *The Little Book of Quitting* crystallizes 120 key points of the Easyway™ method in a concise and readily accessible format. Carr's method can enable any smoker to quit easily, painlessly, and permanently without needing willpower, suffering withdrawal pangs, feeling deprived, or gaining weight. This is the perfect pocket refresher for those already applying Allen Carr's method, and a great starting point for all those who want to quit the Easyway™. Allen Carr discovered the Easyway™ to stop smoking in 1983—after his three-decade-long, 100-cigarette-a-day addiction had driven him to despair. First published in 1985, *The Easy Way to Stop Smoking* has sold over six million copies worldwide and has been translated into more than twenty languages. In addition to his books, Allen has established the Allen Carr clinics, now operating in countries around the world.

New York Times bestseller • Finalist for the Pulitzer Prize “This is a book to shake up the world.” —Ann Patchett
Nicholas Carr's bestseller *The Shallows* has become a foundational book in one of the most important debates of our time: As we enjoy the internet's bounties, are we sacrificing our ability to read and think deeply? This 10th-anniversary edition includes a new afterword that brings the story up to date, with a deep examination of the cognitive and behavioral effects of smartphones and social media.

Do you pull out your phone at every idle moment? Do hours slip away as you mindlessly scroll? Has your smartphone added a level of detachment between you and the outside world? Sadly technology which should be a wonderful boon to us has started to blight our lives. The average adult spends nearly ten hours a day looking at digital screens, leading to unprecedented levels of stress, isolation, procrastination and inertia. The fact is that digital dependence is an addiction and should be treated as such. Allen Carr's Easyway is a breath of fresh air when it comes to addiction treatment. Tried and tested as an incredibly successful stop-smoking method, its principles have since been applied to other addictions such as alcohol, gambling and caffeine with outstanding results. Here, for the first time, the Easyway method has been used to overcome digital addiction, and it really works! *Smart Phone Dumb Phone* rewires our relationship to technology. By unravelling the brainwashing process behind our addictive behaviour, we are freed from dependence and can reassert control over our time and productivity. Including 20 practical steps to help you along your way, this wonderful guide will release you from the clutches of your smartphone and allow you to live in the moment. It truly is the easyway.

"Seventeen-year-old Riggle is living in rural Indiana with his uncle and uncle's girlfriend after the death of both of his parents. Now his uncle has gone missing, probably on a drug binge. It's Monday, and \$800 in rent is due Friday. Riggle, who's been suspended from school, has to either find his uncle or get the money together himself. His mission exposes him to a motley group of Opioid locals--encounters by turns perplexing, harrowing, and heartening. Meanwhile, Riggle marks each day by remembering the mythology his late mother invented for him about how the days got their names. With amazing directness and insight, Carr explores what it's like to be a high school kid in in the age of Trump, a time of economic inequality, addiction, confederate flags, and mass shootings. A work of empathy and insight that pierces to the heart of our moment through an unforgettable protagonist"--

Opioid, Indiana

The revolutionary Allen Carr's Easy Way method in pocket form
Summary of Allen Carr's Allen Carr's Easy Way to Control Alcohol
Quit Smoking Boot Camp
Free your mind from worry and anxiety
The Little Book of Quitting

Though only 26 per cent of the UK adult population now smokes (down from a peak of 80 per cent), smoking is actually on the increase among young people. A particular problem exists with teenage girls, though children as young as 8 to 12 are smoking. How to Stop Your Child Smoking, by the foremost expert in the subject, offers a clear, practical ...

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

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

Do you want to free yourself from worry and 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 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 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 philosophy and this book shares the proven principles of mindfulness with a wider audience in simple accessible terms

that apply to real life and provide a tangible, practical outcome: YOUR HAPPINESS.

Allen Carr's Easy Way for Women to Quit Drinking

Allen Carr's Easy Way to Stop Smoking

Rediscover Your True Self and Enjoy Freedom, Health, and Happiness

Stop Smoking with Allen Carr

How to Free Yourself From Sleepless Nights