

Read Free Stop Drinking Now  
Allen Carrs Easyway

# Stop Drinking Now Allen Carrs Easyway

Eat as much of your  
favourite foods as you want,  
whenever you want, as often  
as you want, and be the

## Read Free Stop Drinking Now Allen Carrs Easyway

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.

Allen Carr's Easyway is the most effective stop-smoking

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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

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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

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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

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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

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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

## Read Free Stop Drinking Now Allen Carrs Easyway

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



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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

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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

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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

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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

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Times

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

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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,

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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

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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



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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

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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

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you from the clutches of  
your smartphone and allow  
you to live in the moment.

It truly is the easyway.

Free At Last!

The Radical Choice to Not  
Drink in a Culture Obsessed  
with Alcohol

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Plus a unique 70 minute  
audio seminar delivered by  
the author

The Easy Way for Women to  
Stop Drinking

Stop Drinking Now

A Novel

Good Sugar Bad Sugar

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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

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

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

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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

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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 behaviour. The Easyway method



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has now been applied to the problem of emotional eating. With Allen Carr's Easyway method, you can 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,

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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

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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

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NEW YORK TIMES

BESTSELLER • "An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself."—Glennon Doyle, #1 New York Times

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bestselling author of Untamed  
“You don’t know how much you  
need this book, or maybe you do.  
Either way, it will save your  
life.”—Melissa Hartwig Urban,  
Whole30 co-founder and CEO The  
founder of the first female-focused

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recovery program offers a 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

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no one ever questions alcohol's ubiquity—in fact, the only thing 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 obsessed with health

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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 journey that led not only to her own sobriety, but



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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 companies were targeting women, just as the tobacco industry had successfully

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done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who

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don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly

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found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric

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recovery program focuses 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 system

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around it. Written in a relatable voice that is honest 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 lives without the crutch of

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intoxication. You will never look at drinking the same way again.

READ THIS BOOK, FOLLOW THE INSTRUCTIONS AND STOP DRINKING NOW. Allen Carr's Easyway method has helped millions of people to quit smoking,

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alcohol and 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 Bev Aisbett, this handy pocket book presented in a truly



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refreshing, accessible, dynamic, funny and enjoyable way. 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

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was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times Allen Carr's Easy Way to Quit Vaping  
The Illustrated Easy Way to Stop

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Drinking

Daily Meditations For Working  
Through Grief

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

No More Worrying

The Easy Way to Quit Caffeine

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### Allen Carr's Quit Drinking Without Willpower

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 struggled with problem drinking,

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all the time refusing to 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 (exactly as they are destined to do). Slowly Craig discovered the truth

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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 anymore. In this book, he will lead you through the same remarkable process. No need to declare

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yourself an alcoholic. A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no 'will-power' required. Treats the source of the problem, not the symptoms.

READ STOP DRINKING NOW AND

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## Read Free Stop Drinking Now Allen Carrs Easyway

BECOME A HAPPY NONDRINKER  
FOR THE REST OF 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



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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

## Read Free Stop Drinking Now Allen Carrs Easyway

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

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Hopkins "His skill is in removing  
the psychological dependence" The  
Sunday Times

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

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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.

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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

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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

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was freed from addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times This little gem of a book reveals all the mental strategies you need for taking control, achieving inner peace and turning even the worst-

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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...

The Easy Way for Women to Lose



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Weight

Allen Carr: The Easy Way to Quit  
Cocaine

Healing After Loss

The Easy Way to Stop Smoking

The Only Way to Stop Smoking  
Permanently

Alcohol Lied to Me: The Intelligent

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Escape from Alcohol Addiction  
The Illustrated Guide

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 quit instantly, easily, painlessly and permanently. Stop Smoking

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Now is the new, cutting-edge presentation of the method. Updated and set out in a clear, easy-to-read format, this book makes it simpler than ever before to get free. Allen Carr's Easyway does not rely on willpower as it removes your desire to smoke. It

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eliminates the fears that keep you hooked and you won't miss cigarettes. It works both for heavy and casual smokers and regardless of how long you've been smoking. There are no gimmicks or scare tactics, you won't put on weight, and you can even smoke when you

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read. Allen Carr's books have sold over 15 million copies to date in more than 40 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-

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smoking programme—the tried and tested Easyway method, 'the one that works'. The Allen Carr method has been presented here in a lively, informative and streamlined way. This book brings the original Easyway concept bang up do date, incorporating lessons

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that have been learned from those who teach in the global network of Allen Carr clinics. No one has more experience of helping smokers quit.

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society

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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



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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

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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

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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 BEST-SELLING EASYWAY METHOD APPLIED TO COCAINE ADDICTION Allen Carr's Easyway method is a global phenomenon - a

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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 -

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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

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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

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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

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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  
READ THIS BOOK AND BECOME  
A HAPPY NONGAMBLER FOR



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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

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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

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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

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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

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dependence." The Sunday Times  
Alcohol : the Easy Solution  
Get Free from JUUL, IQOS,  
Disposables, Tanks or any other  
Nicotine Product  
The Easy Way to Stop Gambling  
Be a happy nondrinker  
Allen Carr's No More Hangovers

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Love

Quit Like a Woman

"I know so many people who have turned their lives around after reading Allen Carr's books." -Sir Richard Branson People are now so hooked on sugar that it's become the number one threat to health in the modern world.

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## Read Free Stop Drinking Now Allen Carrs Easyway

This book helps explain the truth about bad sugar and introduces a proven method to cut it out of your diet entirely. Once you free yourself from addiction, you'll feel happier and healthier, and you'll be able to choose the weight you want to be for the rest of your life. Allen Carr's Easyway is

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the most successful stop smoking method of all time. It works by unravelling the brainwashing that leads us to desire the very thing that is harming us, and it has now been applied to other areas. The Easy Way to Quit Sugar tackles the biggest dietary threat to the modern world:



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addiction to refined sugar and processed carbohydrates. With the brilliant additional writing skills and illustrations of Bev Aisbett, you'll free yourself of addiction and enjoy better health, higher levels of energy, dramatically improved body shape and a happier, healthier lifestyle.

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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

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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

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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

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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

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Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

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Allen Carr's Easyway method has helped millions of people around the world to stop smoking and it has also been successfully applied to a wide range of other addictions, including gambling, overeating and drinking alcohol. As the reader works their way through this book, they write their

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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 about their drinking by recording and examining their own beliefs, aspirations and



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insights as they go along and are prompted to rewrite the story of their life as a drinker with a positive ending.

Now complete with daily prompts to reflect on each day of a month-long, alcohol-free plan, the author of This Naked Mind helps readers challenge

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their thinking, find clarity, and form new habits. Changing your habits can be hard without the right tools. This is especially true for alcohol because habits are, by definition, subconscious thought processes. Through her methodical research of the latest neuroscience and her own journey,

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Annie Grace has cracked the code on habit change by addressing the specific ways habits form. This unique and unprecedented method has now helped thousands redefine their relationship to drinking painlessly and without misery. In *The Alcohol Experiment*, Annie offers a judgment-

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free action plan for anyone who's ever wondered what life without alcohol is like. The rules are simple: Abstain from drinking for 30 days and just see how you feel. Annie arms her readers with the science-backed information to address the cultural and emotional conditioning we experience around

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alcohol. The result is a mindful approach that puts you back in control and permanently stops cravings. With a chapter and journal prompt devoted to each day of the experiment, Annie presents wisdom, tested strategies, and thought-provoking information to supplement

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the plan and support your step-by-step success as you learn what feels good for you. It's your body, your mind, and your choice.

Alcohol Explained

The Easy Way to Quit Sugar

The Alcohol Experiment: Expanded Edition

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Allen Carr's Easyweigh to Lose Weight  
Kick the Drink...Easily!

-

Take Back Control of Your Life

**READ THIS BOOK NOW AND**

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**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**

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**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**

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**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**

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**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."**

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**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**

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**people who turned their  
lives around after reading  
Allen Carr's books." Sir  
Richard Branson**

**This text is bold and  
controversial and takes  
issue with many experts in**

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**the field and much received wisdom. It dispels all illusions about the benefit of alcohol, promises no withdrawal symptoms and removes the desire and need for alcohol.**

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**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,**

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**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**



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**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**

## Read Free Stop Drinking Now Allen Carrs Easyway

**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**

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**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**

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**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**

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**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**

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**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,**

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**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**

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**addiction.**

**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**



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**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**

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**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**

Read Free Stop Drinking Now  
Allen Carrs Easyway

**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**

Read Free Stop Drinking Now  
Allen Carrs Easyway

**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**

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**mind thinks it needs. Stop  
Drinking Now explains the  
mental process of addiction  
and how to reverse that  
process easily, painlessly  
and permanently.**

**Stop Smoking Now**

*Page 117/182*

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**A 30-Day, Alcohol-Free  
Challenge To Interrupt Your  
Habits and Help You Take  
Control  
The Original Easyway  
Method  
Your Personal Stop Drinking**

*Page 118/182*

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**Plan**

**Allen Carr's Easy Way for  
Women to Quit Drinking  
Allen Carr's Easy Way to  
Quit Emotional Eating  
Set yourself free from binge-  
eating and comfort-eating**

*Page 119/182*

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**Alcohol 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 level, from**



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**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 understandable format. For those with an**

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**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 it provides them with firm guidance. For those who have**

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**someone close to them who has an alcohol problem it will help them to understand what that person is going through, how they ended up where they are, and what they can do to help them. However this is not**

## Read Free Stop Drinking Now Allen Carrs Easyway

**just a book for people with  
links to problem drinking, it is  
compulsive reading for anyone  
who has ever, or will ever,  
drink an alcoholic drink. How  
many people have  
inadvertently drunk too much**

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**on occasion? Virtually every drinker on the planet has done that! But how many people have actually stopped to think why? There is in fact a logical, scientific explanation for this phenomenon, it is fully and**

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**simply explained in this  
book. Even for those who have  
never imbibed alcohol this  
book provides a fascinating  
insight into addiction  
generally and, more  
specifically, into a substance**

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

**Do you want to free yourself from worry and anxiety? Allen Carr's Easyway method has**

## Read Free Stop Drinking Now Allen Carrs Easyway

**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**



## Read Free Stop Drinking Now Allen Carrs Easyway

**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**

## Read Free Stop Drinking Now Allen Carrs Easyway

**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,**

## Read Free Stop Drinking Now Allen Carrs Easyway

**practical outcome: YOUR  
HAPPINESS.**

**For those who have suffered  
the loss of a loved one, here  
are strength and thoughtful  
words to inspire and comfort.  
Allen Carr's Easyway is a**

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**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-**

## Read Free Stop Drinking Now Allen Carrs Easyway

**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**

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**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**

## Read Free Stop Drinking Now Allen Carrs Easyway

**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**

## Read Free Stop Drinking Now Allen Carrs Easyway

**instructions and you will be set free from your addiction to nicotine. • Does not rely on willpower, aids, substitutes, or gimmicks • Works without unpleasant withdrawal symptoms • Clinically proven**



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**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**

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**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**

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Allen Carrs Easyway

**instantly I was freed from my  
addiction." Sir Anthony  
Hopkins "His skill is in  
removing the psychological  
dependence." The Sunday  
Times**

**Rediscover Your True Self and**

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**Enjoy Freedom, Health, and  
Happiness  
Allen Carr's Easy Way to Debt-  
Free Living  
Smart Phone Dumb Phone  
Free your mind from worry and  
anxiety**

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Allen Carrs Easyway

**Control Alcohol, Find Freedom,  
Discover Happiness & Change  
Your Life**

**Allen Carr's Easy Way to Stop  
Smoking**

**This Naked Mind**

*Allen Carr (1934-2006) was a*

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*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*

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*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*

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*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*



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*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 scare tactics and you won't gain weight. 'His method is absolutely unique, removing the*

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*dependence on cigarettes' - Sir  
Richard Branson.*

*"Get Out of Debt Now applies the  
world-famous Allen Carr's  
Easyway method to the problems  
of over-spending and debt. It  
removes the desire to over-  
spend, so that you are able to live*

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*within your means without feeling deprived. It then sets out a simple, easy-to-follow guide on how to clear the debts you have accumulated"--Back cover.*

*Allen Carr's 100 cigarettes-a-day addiction drove him to despair, but, after countless attempts to*

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*quit, he eventually kicked the habit. This is an updated edition of his bestselling guide to giving up smoking.*

*Presents the Easyway method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and*

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*practical advice on how to  
successfully break the habit.*

*The Little Book of Quitting*

*Eat yourself free from sugar and  
carb addiction*

*Stop Smoking with Allen Carr*

*The revolutionary Allen Carr's*

*Easy Way method in pocket form*

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*Easy Way to Control Alcohol  
The Illustrated Easy Way to Stop  
Smoking*

**This Naked Mind has  
ignited a movement  
across the country,**

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helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their

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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



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alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents

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the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support

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alcohol dependence in  
all of us. Packed with  
surprising insight into  
the reasons we drink,  
this book will open your  
eyes to the startling  
role of alcohol in our

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culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at

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its heart, this book is a must-read for anyone who drinks. This Naked Mind will give you freedom from alcohol. It removes the psychological dependence

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so that you will not  
crave alcohol, allowing  
you to easily drink less  
(or stop drinking). With  
clarity, humor, and a  
unique blend of science  
and storytelling, This

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Naked Mind will open the door to the life you have been waiting for.

“You have given me my live back.” -Katy F.,  
Albuquerque, New Mexico

“This is an inspiring

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and groundbreaking must-read. I am forever inspired and changed.”  
-Kate S., Los Angeles, California “The most selfless and amazing book that I have ever



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read.” –Bernie M.,  
Dublin, Ireland  
Over 80 per cent of  
adults in the UK use  
caffeine every day. But  
at what point, did they  
consciously decide to

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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

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system and makes 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

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Caffeine, Allen Carr addresses the difficulties coffee-drinkers - and fizzy drink consumers - face in trying to quit caffeine. By explaining

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why you feel the need  
for caffeine and with  
simple step-by-step  
instructions to set you  
free from your  
addiction, Carr shows  
you how to lead a

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happier, healthier, more  
chilled life.

Two old friends  
reconnect in Dublin for  
a dramatic, revealing  
evening of drinking and  
storytelling in this

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winning new novel from  
the author of the Booker  
Prize winning Paddy  
Clarke Ha Ha Ha One  
summer's evening, two  
men meet up in a Dublin  
restaurant. Drinking

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pals back in their youth, now married and with grown up children, their lives have taken seemingly similar paths. But Joe has a secret he needs to tell Davy, and



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Davy has a sorrow he  
wants to keep from Joe.  
Both are not the men  
they used to be. Joe has  
left his wife and family  
for another woman,  
Jessica. Davy knows her

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too, or should - she was  
the girl of their dreams  
four decades earlier,  
the girl with the cello  
in George's pub. As  
Joe's story unfolds  
across Dublin - pint

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after pint, pub after  
pub - so too do the  
memories of what  
eventually drove Davy  
from Ireland: his first  
encounter with Faye, the  
lively woman who would

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become his wife; his  
father's somber  
disapproval; the pained  
spaces left behind when  
a parent dies. As the  
two friends try to  
reconcile their versions

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of the past over the  
course of one night,  
Love offers a  
delightfully comic yet  
moving portrait of the  
many forms love can take  
throughout our lives.

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**Stop Drinking  
NowArcturus Publishing  
Free Yourself from  
Digital Addiction  
The Easy Way to  
Mindfulness  
Live a healthier,**

# Read Free Stop Drinking Now Allen Carrs Easyway

**happier life**

**Allen Carr's Easy Way to  
Control Alcohol  
Take Control of Your  
Life**

The revolutionary international bestseller  
that will stop you smoking - for good. 'If

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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,



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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

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can't be wrong.

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

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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

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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

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twenty languages. In addition to his books, Allen has established the Allen Carr clinics, now operating in countries around the world.

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

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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