

The Easy Way To Stop Smoking Penguin Health Care Fitness

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

In lives filled with passion and temptation, five young people experience the many forms of love. Achieving their wildest dreams takes everything they have, and soon their romances, friendships, and dearest personal values are tested. Along the way, their lives intertwine in surprising ways—on the lush soccer fields of college campuses in California and the glamorous fashion runways and football pitches of Italy and France. The brilliant and beautiful Sallie is embarking on an exciting international modeling career, but, so far from home, she runs the risk of getting lost in more ways than one. Her college sweetheart, Marco, is focused on his goal of becoming a professional soccer player and relies on the expert advice of his mentor, Lorenzo. But Lorenzo must figure out his own way to stay on top. Meanwhile, their athletic friend Dave has already hit rock bottom, attracting the empathy of nursing student Autumn. She'll do anything she can to help Dave, despite the risk of getting dragged down with him. Boundaries exist in the game of soccer, but in life they are all too easily crossed. Before long these five friends will learn exactly how far relationships can bend before they break.

Fear of flying is a distressing condition that can have a devastating effect on your life. FOFs – people with fear of flying – either put themselves through hell every time they take a flight, or else they avoid flying altogether. Luckily, help is at hand. The Allen Carr Easyway method has helped millions of people to quit smoking, alcohol and other drugs as well as to stop gambling, overeating and going into debt. This book unravels the misconceptions that make you believe flying is dangerous. All you need to do is follow all the instructions and you cannot fail to cure your fear of flying. * No scare tactics * No willpower required * Changes the way you think about flying 'Allow Allen Carr to help you escape today.' The Observer 'A different approach. A stunning success.' The Sun

Autobiography of health guru.

Allen Carr's Easy Way to Stop Smoking

Learning How to Learn

The Easy Way for Women to Lose Weight

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A Dictionary of Arts, Sciences, Literature and General Information

Allen Carr: the Easy Way to Quit Cannabis

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

Allen Carr's Easy Way to Stop SmokingBe a Happy Non-smoker for the Rest of Your LifePenguin UK

Allen Carr and Bev Aisbett present a humorous comfort zone for smokers. This book been designed to appeal to smokers who have failed to quit as well as non-smokers who want a loved one to stop smoking for good.

Short of time? Or have you stopped smoking and found it difficult or even impossible to stay stopped? If your answer to these questions is yes, then this is the book for you (even if you've tried and failed using Allen Carr's method in the past). Quit Smoking Boot Camp is a revolutionary and concise version of the world-famous Easyway method, delivered in short, punchy segments to help you quit with the minimum of fuss, with minimal effort, in a reassuringly regimented and speedy way. Four days is all it takes to transform your life. We recommend that you read this book over just four days (though you might choose to do it in less or even to take a little longer). Choose your start date and four days later you can be free. It's as simple as that. The Easyway Boot Camp will help you change your mindset and quit smoking, vaping, or using nicotine in any form easily and immediately. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

The Easy Way to Mindfulness

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

No More Fear of Flying

Plus a unique 70 minute audio seminar delivered by the author

The Easy Way to Stop Gambling

The Easy Way for Women to Stop Drinking

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 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 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 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-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 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.

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

With the introduction of a smoking ban in public places there has never been greater pressure on smokers to quit. The time to promote anti-smoking titles is NOW. No-one is more aware than Allen Carr that some of the people who are desperate to give up smoking require a different approach to that provided by The Easyway to Stop Smoking. To cater to their needs, Allen has refined the method to its key essentials and presents them here in a humorous comfort zone for smokers. It has been designed to appeal to smokers who have failed to quit as well as non-smokers who want a loved one to quit smoking for good.

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

No More Worrying

Live a healthier, happier life

The Illustrated Easy Way to Stop Smoking

Stop Smoking with Allen Carr

Stop Smoing Now

Allen Carr: The Easy Way to Quit Cocaine

Over 80 per cent of adults in the UK use caffeine every day. But at what point, did they consciously 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 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 - 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, Carr shows you how to lead a happier, healthier, more chilled life.

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 surprisingly simple way for students to master any subject—based on one of the world's most popular online courses and the bestselling book A Mind for Numbers A Mind for Numbers and its wildly popular online companion course "Learning How to Learn" have empowered more than two million learners of all ages from around the world to master subjects that they once struggled with. Fans often wish they'd discovered these learning strategies earlier and ask how they can help their kids master these skills as well. Now in this new book for kids and teens, the authors reveal how to make the most of time spent studying. We all have the tools to learn what might not seem to come naturally to us at first--the secret is to understand how the brain works so we can unlock its power. This book explains: • Why sometimes letting your mind wander is an important part of the learning process • How to avoid "rut think" in order to think outside the box • Why having a poor memory can be a good thing • The value of metaphors in developing understanding • A simple, yet powerful, way to stop procrastinating Filled with illustrations, application questions, and exercises, this book makes learning easy and fun.

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.

The Only Way to Stop Smoking Permanently

Allen Carr's Easy Way for Women to Quit Drinking

The Encyclopaedia Britannica

Allen Carr's Easy Way to Quit Vaping

Your Personal Stop Smoking Plan

The Best-selling Quit Smoking Method Updated for the 2020s

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...

THE BRAND-NEW UPGRADE OF THE WORLD'S BEST-SELLING STOP SMOKING BOOK OF ALL TIME. Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. This book is the most up-to-date, cutting-edge, best-practice version of this method. It now includes advice on important contemporary issues such as vaping, cannabis,

JUUL, the association between smoking and self-harm & anxiety, the dopamine issue, and more advice about habitual triggers. Through following this method, you will not only be set free from your smoking or vaping 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 • Without envying partners, friends or colleagues who smoke/vape 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 nicotine 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 method has helped millions of people to stop smoking. This is the first ever interactive Allen Carr book. By regularly interacting with the text in an easy yet dynamic and measurable way you begin to write the story of how you came to smoke. By understanding why you continue to smoke in spite of the obvious disadvantages, you are able to follow the simple step-by-step instructions that set you free. No pain. No drama. This eBook edition includes the same interactive exercises as the printed edition, but those elements can also be downloaded

and printed out at your convenience. Together with the eBook, they form Your Personal Plan! READ THIS BOOK AND BECOME A HAPPY NON-SMOKER AND NICOTINE-FREE FOR THE REST OF YOUR LIFE CARRY ON

SMOKING WHILE YOU READ A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER REMOVES THE DESIRE FOR NICOTINE STOP EASILY, PAINLESSLY AND PERMANENTLY REGAIN CONTROL OF YOUR LIFE WORKS FOR ALL

NICOTINE ADDICTION, INCLUDING E-CIGARETTES

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.

The Easy Way to Quit Caffeine

How to Succeed in School Without Spending All Your Time Studying: A Guide for Kids and Teens

The Original Easyway Method

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

Free your mind from worry and anxiety

Allen Carr's Easy Way to Quit Smoking Without Willpower - Includes Quit Vaping

THE BEST-SELLING EASYWAY METHOD APPLIED TO CANNABIS 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 cannabis addiction. It will give you advice about habitual triggers and how to understand that cannabis has no benefits for you - not even that of feeling relaxed. Through following this method, you will not only be set free from your cannabis addiction but you will also find it easy and even enjoyable to quit. - Without using willpower, aids, substitutes, or gimmicks • Without envying partners, friends or colleagues who use cannabis - 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 cannabis 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 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.

When a meteorite lands in Surrey, the locals don't know what to make of it. But as Martians emerge and begin killing bystanders, it quickly becomes clear—England is under attack. Armed soldiers converge on the scene to ward off the invaders, but meanwhile, more Martian cylinders land on Earth, bringing reinforcements. As war breaks out across England, the locals must fight for their lives, but life on Earth will never be the same. This is an unabridged version of one of the first fictional accounts of extraterrestrial invasion. H. G. Wells's military science fiction novel was first published in book form in 1898, and is considered a classic of English literature.

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

The revolutionary Allen Carr's Easyway method in pocket form

How I Beat Multiple Sclerosis

The Illustrated Easyway for Women to Stop Smoking

The War of the Worlds

The Fast-Track to Quitting Smoking Again for Good Be a Happy Non-smoker for the Rest of Your Life

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

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

Allen Carr's Easy Way to Stop Smoking by Allen Carr Book Summary Abbey Beathan (Disclaimer: This is NOT the original book.) 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 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. "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

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.

Good Sugar Bad Sugar

A Smoker's Guide to Just how Easy it is to Quit

The Little Book of Quitting

Set yourself free from binge-eating and comfort-eating

The Easy Way to Quit Sugar

Stop Drinking Now

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.

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.

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.

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 revolutionary Allen Carr's Easy Way method in pocket form

Allen Carr's Easy Way to Quit Emotional Eating

The Revolutionary Method for Quitting Cigarettes, E-Cigarettes and All Nicotine Products

Allen Carr's Easyweigh to Lose Weight

A Novel of International Football, Fashion and the Test of Friendship

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

For decades, traditional medicine had very little to offer for individuals suffering from multiple sclerosis and other autoimmune diseases. Today, medical science has brought us wave upon wave of immunomodulatory medications to try to slow disease progression. Unfortunately, these medications come with their own health- and life-threatening side effects. And sometimes, they just stop working. "Fighting the Dragon: How I Beat Multiple Sclerosis" is the story of one woman's thirty year battle with multiple sclerosis and what she did to reclaim her life when she realized she would need an assisted living facility within a few years. The book contains detailed descriptions of what worked and what did not, where she got the help she needed (and how the reader can locate these resources within his/her own community), and the logic behind the non-conventional therapies. "Fighting the Dragon" is a narrative of courage—courage driven by desperation, a story written by a patient who decided, when her neurologist told her, "You will never walk normally again," that she would dance. "Fighting the Dragon" is also a book the MS patient can take to his/her physician . . . it contains well-researched, easy-to-follow guidelines for what to do and how. The information is also applicable to a wide range of other autoimmune conditions, cancers, and AIDS. * * * * * Excerpt: . . . if your car kept breaking down and the mechanic you took it to kept doing the same thing to fix it—but it did not stay fixed, you would question the mechanic's competence. Maybe the mechanic pulled out a technical manual. "See. I fixed it exactly as the manual said. This is the industry-approved way to solve this problem." When the car broke down again a week later, would you be satisfied? Probably not. You might decide it is time to replace the car. But that might be too expensive. So, what to do? If you were smart, you would probably try to find a new mechanic. You might ask your friends who they would recommend. You might search on the Internet to see if other people had the same experience with their cars . . . and what caused the problem. You might telephone some repair shops to get some idea of what they thought the problem might be. If you found a new mechanic and that mechanic looked over the car and said, "I have a solution that is not in any industry-approved repair manuals, but it is safe and it works,"—would you walk away and go back to the first mechanic who never got it right? Why is your health worth any less than your car?

"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. 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 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: 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.

Allen Carr's Easy Way to Control Alcohol

The Back of the Net

The Illustrated Guide

The Easy Way to Stop Smoking

Take Control of Your Life

Quit Smoking Boot Camp

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 stuggle... 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.

Eat yourself free from sugar and carb addiction

Summary of Allen Carr's Easy Way To Stop Smoking by Allen Carr

Fighting the Dragon

Packing it in the Easy Way

Free Yourself to Get Your Clarity and Purpose Back