

## The Easyway For Women To Stop Smoking

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. **Buy the Paperback Version of this Book and get the Kindle Book version for FREE!**Do you want to be leaner, healthier, slow aging as quickly as possible without crash dieting while still enjoying your favourite foods?? If the yes, keep reading...If you are sick and tired of complicated diets, calorie counting, menu planning and tasteless food without achieving your desired goals, then there is an alternative for you!You can stop dieting and just follow the time tested and very trendy INTERMITTENT FASTING (IF). People are using that eating pattern to Burn Fat, improve their health and simplify their lifestyles. Many studies show that it can have powerful effects on your body and brain and may even help you live longer. Here are just a few of the things you’re going to discover in “Intermittent Fasting for Women” Numerous Health and Lifestyle Benefits IF Offers How IF is Different For Women And Men How IF Affects The Female Body Four Popular Ways for Women to Safely Do Intermittent Fasting and How to Find A Consistent Program That Works for Your Body and Lifestyle **The Step-By-Step Tutorial for Starting and Maintaining The IF Guidelines to Master If For Your Individual Body, And Unlike Life Situation How to lose weight with IF How to do Exercises with IF What symptoms You Should Watch For What are Common IF Mistakes To Avoid How to control hunger Who Should Not Fast Tips To Help You Stay Motivated Top Fasting Hacks & Tips Do you maintain heavy work commitments, children to care for, or other constraints?This is the revolutionary secret of intermittent fasting: it can be tailored to the individual woman, rather than requiring her to conform to an extreme or unrealistic regime. This makes it fun and adaptable! You set the rules according to a plan that works for you.This book has easy to follow step by step IF guide written in plain simple English. IF differs from diets because this method lets you eat out with your friends, provides more time away from kitchen duty, special foods, fancy equipment or supplements are not required.Have you experimented with intermittent fasting in the past and had a negative or less than ideal experience? This book will give you a whole new perspective. You'll learn real strategies you can start right away. There is no time like the present to initiate this process and start building a better way of eating and living.Don't wait any longer! Scroll up and click the buy button to begin the journey to the body of your dreams!**

What will happen if you suddenly stop smoking? What is the most effective way to stop smoking? What happens after you quit smoking? A timeline Quit Smoking for Life. Because You are worth living an addiction-free life. Just go about and try. And, when you will succeed, you would know the joy it brings not only to you but to your loved ones too. So Quit smoking forever. Quit smoking for good
**Stop Smoking for Women**Arcturus Publishing
**A Novel**
**Allen Carr’s How to Stop Your Child Smoking**
**Quit Smoking Boot Camp**
**The Easy Way to Mindfulness**
**Allen Carr’s Easy Way to Quit Vaping**
**Intermittent Fasting for Women: The Easy Way to Burn Fat, Feel and Look Good, Slow Ageing and Increase Productivity While Enjoying the Lifestyle and T**
**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

Using a version of Alan Carr’s revolutionary Easyway Method created expressly for women, Cesar focuses on issues such as weight gain, increased stress, and smoking during pregnancy—making this the perfect gift for any woman who lights up and wants to stop. The easiest way to learn astrology is to start with yourself. Your astrological birth chart is a powerful tool for gaining a deeper understanding of your unique gifts, talents, challenges, and life’s purpose. As you begin to decipher the wealth of information in your own birth chart, you’ll experience astrology in a personally meaningful way—which makes it easier to understand and remember. Once you learn the basics of astrology, you’ll be able to read the birth charts of yourself and others. This friendly guidebook is the most complete introduction to astrology available. Popular astrologer Kris Brandt Riske presents the essentials of astrology in a clear, step-by-step way, paying special attention to three areas of popular interest: relationships, career, and money. She explains the meaning of the planets, zodiac signs, houses, and aspects, and how to interpret their significance in your chart. Over 30 illustrations, including the birth charts of several famous people—Alec Grah, Oprah Winfrey, Brad Pitt, and Tiger Woods, to name just a few—add a helpful visual dimension to your learning experience. Practical and positive, Llewellyn’s Complete Book of Astrology offers techniques for using astrology to identify the qualities you seek in an ideal mate, realize your career and financial potential, calculate your luck, and discover your inner strength.

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.

Stop Smoking with Allen Carr

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

A Liberating Guide to a Smoke-Free Future

The Easy Way for Women to Stop Drinking

The Fast-Track to Quitting Smoking Again for Good

The Easy Way to Quit Smoking in 96 Hours Or Less

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

The revolutionary method that will stop you smoking... for good.

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

**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

Allen Carr’s Easyweight to Lose Weight

The Easy Way for Women to Lose Weight

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

Allen Carr’s Easy Way For Women To Quit Smoking

Allen Carr’s Finally Free!

The Diet Trap Solution

*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.*

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 realized 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.

**#1 NEW YORK TIMES BESTSELLER • OVER TWO MILLION COPIES SOLD!** “Packed with incredible insight about what it means to be a woman today.”—Reese Witherspoon (Reese’s Book Club Pick) In her most revealing and powerful memoir yet, the activist, speaker, bestselling author, and “patron saint of female empowerment” (People) explores the joy and peace we discover when we stop striving to meet others’ expectations and start trusting the voice deep within us. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY** *Time*, *The Oprah Magazine*, *The Washington Post* • *Cosmopolitan* • *Marie Claire* • *Bloomberg* • *Parade* • “Untamed will liberate women—emotionally, spiritually, and physically. It is phenomenal.”—Elizabeth Gilbert, author of *City of Girls* and *Eat Pray Love* *This is how you find yourself. There is a voice of longing inside each woman. We strive so mightily to be good: good partners, daughters, mothers, employees, and friends. We hope all this striving will make us feel alive. Instead, it leaves us feeling weary, stuck, overwhelmed, and underwhelmed. We look at our lives and wonder: Wasn’t it all supposed to be more beautiful than this? We quickly silence that question, telling ourselves to be grateful, hiding our discontent—even from ourselves. For many years, Glennon Doyle denied her own discontent. Then, while speaking at a conference, she looked at a woman across the room and fell instantly in love. Three words flooded her mind: There She Is. At first, Glennon assumed these words came to her from on high. But she soon realized they had come to her from within. This was her own voice—the one she had buried beneath decades of numbing additions, cultural conditioning, and institutional allegiances. This was the voice of the girl she had been before the world told her who to be. Glennon decided to quit abandoning herself and to instead abandon the world’s expectations of her. She quit being good so she could be free. She quit pleasing and started living. *Soulful and uproarious, forceful and tender, Untamed is both an intimate memoir and a galvanizing wake-up call. It is the story of how one woman learned that a responsible mother is not one who slowly dies for her children, but one who shows them how to fully live. It is the story of navigating divorce, forming a new blended family, and discovering that the brokenness or wholeness of a family depends not on its structure but on each member’s ability to bring her full self to the table. And it is the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honor our anger and heartbreak, and unleash our truest, wildest instincts so that we become women who can finally look at ourselves and say: There She Is. Untamed shows us how to be brave. As Glennon insists: The braver we are, the luckier we get.**

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*

The Easy Way to Quit Sugar

The Easy Way to Stop Smoking

A Revolutionary Approach Using Allen Carr’s Easyway Method

The Easy Way for Women to Stop Smoking

The Illustrated Easyway for Women to Stop Smoking

Quit Smoking: Finally Tell Cigarettes to Fuck Off!

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.

"In the Easy Way for Women to Quit Smoking, Allen Carr addresses the difficulties that women smokers can face when trying to quit, and shows how his Easyway method can successfully resolve them. Nowadays the tobacco companies are increasingly targeting women and the number of female smokers is rising. This book can enable any woman to escape the nicotine trap, instantly, and painlessly without putting on weight."—Back cover. **THE 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 ... it’s 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 Most diet programmes work at first. We lose a few pounds in a few weeks, but then life happens and the bad habits and the weight return. In this invaluable book, Judith Beck PhD offers the solution to break free from these common diet traps and keep the weight off for life. Judith Beck explains that when it comes to losing weight, it’s not just about what we eat – it’s also about how we think. To consistently eat differently, we must learn to think differently. Diets fail us because they don’t offer effective strategies for overcoming the common traps – emotional eating, social pressure, dining out – that can derail us. Now, she and her daughter, Deborah Beck Busis, share the techniques they have successfully used with thousands of clients, revealing exactly how to overcome the thoughts and behaviours that have been holding you back. With The Diet Trap Solution, readers on any diet can learn to identify their specific diet traps, prepare for their personal triggers and create action plans to strengthen their resistance muscle – making losing weight easy, sustainable and enjoyable.

Llewellyn’s Complete Book of Astrology

Allen Carr’s Easy Way to Control Alcohol

Allen Carr’s Easy Way for Women to Stop Smoking

The Illustrated Guide

Allen Carr’s Easy Way for Women to Quit Drinking

A guide to stopping smoking, adapted for women, from the author’s Easyway method.

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 lives 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.

‘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.

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 ...

Untamed

Allen Carr’s Easy Way for Women to Quit Smoking

Allen Carr’s Easy Way to Stop Smoking

The Original Easyway Method

Train Your Brain to Lose Weight and Keep It Off for Good

Set yourself free from binge-eating and comfort-eating

*The #1 New York Times bestselling sequel to Words of Radiance, from epic fantasy author Brandon Sanderson at the top of his game. In Oathbringer, the third volume of the New York Times bestselling Stormlight Archive, humanity faces a new Desolation with the return of the Voldhringers, a foe with numbers as great as their thirst for vengeance. Dalinar Kholin’s Alethi armies won a fleeting victory at a terrible cost: The enemy Parshendi summoned the violent Everstorm, which now sweeps the world with destruction, and in its passing awakens the once peaceful and subservient parshendi to the horror of their millennia-long enslavement by humans. While on a desperate flight to warn his family of the threat, Kaladin Stormblessed must come to grips with the fact that the newly kindled anger of the parshendi may be wholly justified. Nestled in the mountains high above the storms, in the tower city of Urithiru, Shallan Davar investigates the wonders of the ancient stronghold of the Knights Radiant and unearths dark secrets lurking in its depths. And Dalinar realizes that his holy mission to unite his homeland of Alethkar was too narrow in scope. Unless all the nations of Roshar can put aside Dalinar’s blood-soaked past and stand together—and unless Dalinar himself can confront that past—even the restoration of the Knights Radiant will not prevent the end of civilization. Other Tor books by Brandon Sanderson: The Cosmere: The Stormlight Archive: The Way of Kings, Words of Radiance & Eldricher; Novels: Oathbringer, The Mistborn trilogy: Mistborn: The Final Empire, The Well of Ascension, The Wax and Wayne series: Alloy of Law, Shadows of Self, Bands of Mourning; Collection: Arcanum Unbound; Other Cosmere novels: Elantris, Warbreaker, The Alcatraz; vs. the Evil Librarians series: Alcatraz; vs. the Evil Librarians’ Sonnet: The Knights of Crystalia, The Shattered Lens, The Dark Talent; The Roboteer series: The Roboteer; Other books by Brandon Sanderson: The Reckoners: Steelheart, Firelight, Calamity; At the Publisher’s request, this title is being sold without Digital Rights Management Software (DRM) applied.*

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. 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.

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.

Before you buy this book, let me ask you these simple questions. Are you tired of the same old ‘bull’s-it self-help books? Are you tired of reading a bible to quit smoking? Are you tired of hearing why my doctors complain about it? Then try the new kick-ass approach to telling smoking to fuck off! This book is not intended to educate you on the history of smoking what this book will do is convince you to tell smoking to fuck off in less than 96 hours. I am going to warn you that this is not your traditional bullshit self-help book but quit smoking. This book is written for those brave Mother Fuckers who want to take that next step in their life and become free from nicotine. Now it doesn’t matter whether that be cigarettes, cigars or even vaping, I chose to write this book as short as possible for two reasons because one I am not a professional writer and two, quitting smoking isn’t rocket science. As we both know there are some damn fuckers out there that have done the impossible. Stop and take a moment to now think to yourself are they really dumber? In our opinion this book will be the best \$9.99 you will ever spend. Just think even buying this book is cheaper than a pack of smokes. Here are some quick questions for you. Are you tired as hell with getting winded after 50 ft jog or sick of the nausea coming off the smoker, the smokers cough? Well then this is the book for you and it is going to knock your fucking socks off. In the end, you and only you will come out with two results. In laaments terms either you will quit or you don’t. In the end, you are the only person responsible for those results regardless of all the fucking excuses in the world. I like to use this statement a lot, there are always excuses but is there really ever a reason...Go ahead and join the revolution in telling smoking to fuck off.

Plus a unique 70 minute audio seminar delivered by the author

Smart Phone Dumb Phone

Allen Carr’s Easy Way for Women to Lose Weight

Allen Carr’s Easy Way to Quit Cocaine

Illustrated Easy Way for Women to Stop Smoking

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.

“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, you will feel healthier, happier life.”--Back cover.

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, p... 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 three 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

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.” Anjelica Huston “His skill is in removing the psychological dependence.” The Sunday Times

Allen Carr’s Easyweight to Lose Weight. The Easy Way to Stop Smoking helps you to take off the pounds in Allen Carr’s EasyWeight 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 • Feel good about your weight • 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 Easyweight to Lose Weight. A happy reader says: ‘I’ve found the answer! 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’s 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.

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

The Easy Way to Stop Gambling

Free Your mind from worry and anxiety

Free Yourself from Digital Addiction

Oathbringer

Quit Like a Woman

Read this book and become a happy non-smoker for the rest of your life. The Allen Carr Easyway Method that has successfully helped cure millions worldwide is equally as successful for both men and women, but many of the issues related to quitting smoking can be perceived differently by women - as their questions in Easyway sessions reveal - as well as the particular difficulties facing women who want to quit the habit. In The Illustrated Easy Way to Stop Smoking, Allen Carr rebunks the myths about smoking and shows women specifically how to beat their addiction for good. The book not only enables women to easily and painlessly escape the nicotine trap, but to do so without gaining weight. With the brilliant writing skills and illustrations of Bev Aisbett, Allen Carr’s international best-selling Easyway Method is presented in a refreshing, accessible, dynamic, and enjoyable way. To date, Allen Carr’s books have sold more than 15 million copies worldwide and have been read by an estimated 40 million people, while countless more have been helped to quit through his network of clinics. This phenomenal success has been achieved not through advertising or marketing but through the personal recommendations of the ex-smokers who’ve quit with the method. Allen Carr’s Easyway Method has spread all over the world for one reason alone: because it works! What women say about Allen Carr’s Easyway Method: “If you want to quit... it’s called the Easyway to Stop Smoking... I’m so glad I stopped.” Ellen deGeneres “Allen Carr’s Easy Way to Stop Smoking Program achieved for me a thing that I thought was not possible - to give up a 30-year smoking habit literally overnight. It was nothing short of a miracle.” Anjelica Huston “It’s the only method that works. Thank you!” Ruby Wax

**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

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 behaviour. 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 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. 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 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 ...

Allen Carr’s Easy Way to Quit Emotional Eating

Honey Girl

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

The Quit Smoking Method Of All Time: Quit Smoking Hypnosis

Stop Smoking for Women

Stop Drinking Now

**Named Most Anticipated of 2021 by Oprah Magazine** • *Marie Claire* • *Ms. Magazine* • *E!* • *Parade Magazine* • *BuzzFeed* • *Cosmo* • *The Rumpus* • *GoodReads* • *Autostraddle* • *Brit & Co* • *Refinery29* • *Belches* • *BookRiot* and others! **A LibraryReads Pick** “**HONEY GIRL** is an emotional, heartfelt, charming debut, and I loved every moment of it.” — *Jasmine Guillory, New York Times bestselling author of The Proposal* *When becoming an adult means learning to love yourself first. With her newly completed PhD in astronomy in hand, twenty-eight-year-old Grace Porter goes on a girls’ trip to Vegas to celebrate. She’s a straight A, work-through-the-summer certified high achiever. She is not the kind of person who goes to Vegas and gets drunkenly married to a woman whose name she doesn’t know...until she does exactly that. This one moment of departure from her stern ex-military father’s plans for her life has Grace wondering why she doesn’t feel more fulfilled from completing her degree. Staggering under the weight of her parent’s expectations, a struggling job market and feelings of burnout, Grace flies her home in Portland for a summer in New York with the wife she barely knows. In New York, she’s able to ignore all the constant questions about her future plans and falls hard for her creative and beautiful wife, Yuki Yamamoto. But when reality comes crashing in, Grace must face what she’s been running from all along—the fears that make us human, the family scars that need to heal and the longing for connection, especially when navigating the messiness of adulthood.*

**Take Control of Your Life**

**The Easy Way to Learn Astrology**