

Allen Carr

Author of the globally bestselling
The Easy Way to Stop Smoking

The easy way to control alcohol

Over 18 million Allen Carr's Easyway[®]
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Allen Carr Easy Way

Allen Carr



Allen Carr Easy Way:

The Easy Way to Stop Smoking Allen Carr, 2004 The author offers a step by step approach to stop smoking without the use of nicotine substitutes **Allen Carr's Easy Way to Stop Smoking** Allen Carr, 2015-09-24 MAKE 2023 THE YEAR YOU QUIT SMOKING WITH THE HELP OF ALLEN CARR It didn't take any willpower I didn't miss it at all and I was free Ruby Wax Read this book and you'll never smoke another cigarette again _____ Allen Carr has discovered a method of quitting that will enable any smoker to stop easily immediately and permanently As the world's bestselling book on how to stop smoking and with over nine million copies sold worldwide Allen Carr's Easy Way to Stop Smoking is the one that really works THE unique method No scare tactics No weight gain The psychological need to smoke disappears as you read Feel great to be a non smoker Join the 25 million people that Allen Carr has helped stop smoking What have you got to lose _____ Giving up smoking was one of the biggest achievements of my life I read Allen Carr's book and would recommend it to anybody trying to kick the habit Michael McIntyre Achieved for me a thing that I thought was not possible to give up a thirty year smoking habit literally overnight It was nothing short of a miracle Anjelica Huston Instantly I was freed from my addiction I found it not only easy but unbelievably enjoyable to stay stopped Sir Anthony Hopkins *No More Debt* Allen Carr, 2014-05-05 READ THIS BOOK FOLLOW ALL THE INSTRUCTIONS AND LEARN TO ESCAPE THE MISERY OF DEBT This book applies Allen Carr's world famous Easyway method to the problems of over spending and debt Presented in a handy pocket book No More Debt provides concise and essential tips to help reduce spending and clear existing debts Rather than enforcing painful restrictions to your spending behaviour the Easyway method gets to the root of the problem by removing the desire to over spend This means that you can live within your means without feeling deprived Follow this guide and rediscover the joy of being in control of your life again Allen Carr's books have sold over 16 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 What the media say about Allen Carr's Easyway I was exhilarated by a new sense of freedom The Independent A different approach A stunning success The Sun Allow Allen Carr to help you escape painlessly today The Observer **No More Worrying** Allen Carr, 2011 With stress and anxiety problems on the rise Allen Carr's famous method is sure to be a top seller in this category **Allen Carr's Easy Way to Control Alcohol** Allen Carr, 2009-11-03 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 **Packing it in the Easy Way** Allen Carr,2005-01-06 Be inspired by Allen Carr s life story of how he quit his 100 a day habit and his quest to cure the world of smoking Truly inspirational If you are convinced there is no way you will ever give up I strongly recommend you read it Mail on Sunday _____ Allen Carr used to smoke 100 cigarettes a day a habit that was driving him to despair He tried every technique around but they just wouldn t work until he discovered his now famous Easyway method in 1983 and finally quit for good This led to the bestselling book Allen Carr s Easy Way to Stop Smoking and a successful chain of clinics which has helped thousands of people across the world in their goal to be free of tobacco His story from slave to a habit that was destroying his life to latter day lifestyle guru makes for both inspirational and utterly compelling reading **Lose Weight Now** Allen Carr,2011 Reading this book is all you need to do to take control of what you eat There are no scare tactics and eating less will not feel like deprivation quite the opposite in fact you will feel much happier The Easyway method removes your psychological dependence on comfort eating and junk food setting you free to live as you choose Once learned the principles can never be unlearned ensuring that the benefits in health and well being you experience will be permanent **Allen Carr's Easy Way to Quit Smoking Without Willpower - Includes Quit Vaping** Allen Carr,John Dicey,2018-07-31 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE This book is the most up to date cutting edge best practice version of Allen Carr s Easyway to Stop Smoking method that will not only set you free from smoking but will also insure that you find it easy and even enjoyable to quit Whether you smoke cigarettes vape or use any other nicotine product this method will work perfectly for you 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 smokers who appreciate clear no nonsense guidance Allen Carr s Easy Way to Quit Smoking Without Willpower gives you a structured easy to follow method for quitting quickly 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 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

Stop Smoking with Allen Carr Allen Carr,2013-06-17 Allen Carr has helped millions of smokers from all over the world and he can do the same for you 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 epilogue 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 Praise for Allen Carr's Easyway If you want to quit it's called the Easyway to Stop Smoking I'm so glad I stopped Ellen De Generes Allen Carr's Easy Way to Stop Smoking Program achieved for me a thing that I thought was not possible to give up a thirty year smoking habit literally overnight It was nothing short of a miracle Anjelica Huston Allen Carr explodes the myth that giving up smoking is difficult The Times His method is absolutely unique removing the dependence on cigarettes while you are actually smoking Richard Branson I found it not only easy but unbelievably enjoyable to stay stopped Sir Anthony Hopkins *Allen Carr's Easy Way to Stop Smoking* Allen Carr,2020-06-01 An easy way to quit smoking Allen Carr's Easy Way to Stop Smoking is a self help classic with over 15m copies sold worldwide It has been a 1 bestseller in nine European countries It outsells all other quit smoking titles combined This edition has been developed specifically for smokers in the Canada This seminal book has enabled millions of smokers to quit easily and enjoyably using Carr's simple drug free approach No weight gain no willpower no withdrawal Removes the psychological need to smoke as you smoke No fear of living life without your little friend Feel great from the minute you put out your final cigarette Praise for the Carr Method To say it was miraculous would not be hyperbole Hamilton Spectator Being a smoker is like being trapped in a complicated maze It's as if Allen Carr has a plan of that maze Sir Anthony Hopkins I can't imagine ever lighting up again I have no desire to I can honestly say I think I'm done for good now National Post It worked for me and about twenty of my friends Seriously Jason Mraz All eight of my friends who resolved to quit smoking last year did so successfully by reading this book Now Newspaper No More Hangovers Allen Carr,2009-12-31 READ THIS BOOK FOLLOW ALL THE INSTRUCTIONS AND LEARN TO ESCAPE THE MISERY OF DRINKING TOO MUCH ALCOHOL Allen Carr's Easyway is a global phenomenon It has helped millions of smokers from all over the world In No More Hangovers Allen turns his commonsense approach to drinking Using examples from his own experience one by one Allen demolishes all the myths that surround the subject of alcohol Regardless of the amount you drink this little book will enable you to enjoy social occasions more and leave you better equipped to handle stress What the media say about Allen Carr's Easyway I was exhilarated by a new sense of freedom The Independent A different approach A stunning success The Sun Allow Allen Carr to help you escape painlessly today The Observer Allen Carr's Easy Way for Women to Quit Smoking Allen Carr,2018-09-03 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE Allen Carr's Easyway is the most successful self help stop smoking method of all time It has helped millions of smokers from all over the world to quit In the Easy Way for Women to Stop Smoking Allen Carr addresses the difficulties that women smokers face when trying to quit and shows how his technique successfully resolves them Allen's

unique method removes the feeling of deprivation and works without using willpower This book can enable any woman to escape the nicotine trap easily and painlessly without putting on weight Allen Carr has helped cure millions of smokers worldwide and he can do the same for you His books have sold over 16 million copies worldwide and 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 has spread all over the world for one reason alone **BECAUSE IT WORKS A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER REMOVES THE PSYCHOLOGICAL NEED TO SMOKE REGAIN CONTROL OF YOUR LIFE** 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 De Generes Allen Carr s Easy Way to Stop Smoking Program achieved for me a thing that I thought was not possible to give up a thirty 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 **Allen Carr's Easy Way to Stop Smoking** Allen Carr,1999-01 Allen Carr s Easy Way to Stop Smoking will stop you smoking for good In this new edition Carr s unique method is presented With no scare tactics no weight gain and no deprivation the psychological need to smoke is removed One by one Allen Carr demolishes all the reasons why smokers cling to the habit Today His skill is in removing the psychological dependence Sunday Times A different approach A stunning success Sun **Easy Way for Women to Stop Smoking** Allen Carr,2009 Using a version of Alan Carr s revolutionary Easyway Method created expressly for women Cesati 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 **No More Gambling** Allen Carr,2014-05-08 **READ THIS BOOK AND BECOME A HAPPY NON GAMBLER 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 over eating and over spending 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 be free to regain control of your life and enjoy it to the full What the media say about Allen Carr s Easyway I was exhilarated by a new sense of freedom The Independent A different approach A stunning success The Sun Allow Allen Carr to help you escape painlessly today The Observer [Allen Carr's Easy Way to Enjoy Exercise](#) Allen Carr,Robin Hayley,2025-01-07 Rediscover the joy of exercise effortlessly and permanently with the revolutionary Easyway method We all know the feeling you ve put on a few pounds you want to feel and look fitter but the discipline you need to join that exercise class or go for that run always deserts you when you need it most How can you overcome your aversion to exercise and achieve the health and physique you dream of By

recognising that aversion and addiction are opposite sides of the same coin Allen Carr's The Easy Way to Enjoy Exercise applies the acclaimed Easyway method to unravel the illusions and negative mindset that keep us stuck with our aversion to working out and eating well Embrace exercise in a way that feels natural and enjoyable without relying on willpower Develop a healthy mindset towards fitness free from guilt or punishment Cultivate a healthy diet that will support you on your fitness journey Whether you currently avoid exercise find it hard to maintain or simply want a more positive outlook on fitness this book is your guide to a healthier happier you Say goodbye to the struggle and hello to a new joyful approach to exercise with Allen Carr's Easyway What people say about Allen Carr's Easyway method Ridiculously easy and inspirationally enjoyable HuffPost No lectures no scare tactics no gimmicks The Guardian The Allen Carr method is totally unique GQ Allen Carr's Easy Way for Women to Stop Smoking Allen Carr,2003 Allen Carr's Easyway to Stop Smoking is the world's most popular quit smoking title with an 80 percent market share in the smoking cessation category First published in the UK in 1985 it has sold over thirteen million copies and has topped bestseller lists in nine countries This brand new edition has been written specifically for the US market and is based on the past five years of working with American smokers at our live seminars

Allen Carr's Easy Way to Stop Smoking / [by Allen Carr]. Allen Carr,1999 **Allen Carr's Easyweigh to Lose Weight** Allen Carr,1997 Lose weight without dieting calorie counting or using will power It's true Allen Carr's eating plan allows you to enjoy eating savoury flavours and lose weight You can Eat your favourite foods Follow your natural instincts Avoid guilt remorse Enjoy the flavours of fresh foods Do away with digestive ailments Learn to re educate your tastes Let appetite be your guide **Allen Carr's Illustrated Easy Way for Women to Stop Smoking** Allen Carr,Bev Aisbett,2008 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

Allen Carr Easy Way Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Allen Carr Easy Way**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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