

# Allen Carr

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*The Easy Way to Stop Smoking*

## The easy way to control alcohol

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# Allen Carr Easy Way

**Allen Carr**



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*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

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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

## Decoding **Allen Carr Easy Way**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Allen Carr Easy Way**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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