
Allen Carrs Easy Way To Stop Smoking Be A Happy Non Smoker For The Rest Of Your Life

Free your mind from worry and anxiety

Quit Smoking Boot Camp

Stop Smoking for Women

The Easy Way to Enjoy Flying

No More Worrying

Allen Carr's Easy Way to Stop Smoking

Stop Drinking Now

Allen Carr's Easy Way to Stop Smoking

The Fast-Track to Quitting Smoking Again for Good

The Easy Way to Stop Smoking

A Liberating Guide to a Smoke-Free Future

The Easy Way to Stop Gambling

Take Control of Your Life

Free Yourself from Digital Addiction

Allen Carr's Easy Way to Quit Vaping

Stop Smoking with Allen Carr

Allen Carr: The Easy Way to Quit Cocaine

ALLEN CARR'S EASY WAY TO QUIT SMOKING WITHOUT WILLPOWER - INCLUDES QUIT VAPING

Allen Carr's Easy Way to Quit Emotional Eating

No More Worrying

The Best... -selling Quit Smoking Method Updated for the 21st

The Original Easyway Method

The Illustrated Easyway for Women to Stop Smoking

The Easy Way for Women to Stop Smoking
Allen Carr's Easy Way to Stop Smoking
Plus a unique 70 minute audio seminar delivered by the author
Allen Carr's Easy Way to be Successful
Smart Phone Dumb Phone
Stop Drinking Now
The Illustrated Easyway for Women to Stop Smoking
The Illustrated Guide
Easy Way to Control Alcohol
The Easy Way to Mindfulness
Allen Carr's Easyweigh to Lose Weight
Allen Carr's Easy Way to Quit Emotional Eating
The Only Way to Stop Smoking Permanently
Allen Carr's Easy Way for Women to Lose Weight
The Illustrated Easy Way to Stop Smoking

*Allen Carrs Easy Way To Stop Smoking
Be A Happy Non Smoker For The Rest
Of Your Life*

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BRYLEE SAUNDERS

Free your mind from worry and anxiety Arcturus Publishing
Read this book and you'll never smoke another cigarette again.
The unique method promises: No scare tactics No weight-gain
That you'll never feel the need to smoke again That you'll feel
great to be a non-smoker Join the estimated 25 million men and
women that Allen Carr has helped set free. 'It didn't take any
willpower. I didn't miss it at all and I was free.' Ruby Wax
'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.' Anthony Hopkins Special offer: recover the cost of
this book when you attend an Allen Carr Clinic. See inside for
details. www.allencarr.com

Quit Smoking Boot Camp Penguin UK

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

Stop Smoking for Women Allen Carr's Easyway

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 Easy Way to Enjoy Flying Arcturus Publishing
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 Barnes & Noble Publishing

Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. First used as an 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 behaviour. 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 NHS's Gold Standard Stop Smoking Service. What people say about Allen Carr's Easyway method: "If you want to quit ... its called the Easyway." Ellen Degeneres "Allen Carr's international bestseller...has helped countless people quit." Time Out New York "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 Smoking Arcturus Publishing

Read this book and you'll never smoke another cigarette again. 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 estimated 25 million men and women that Allen Carr has helped set free 'It didn't take any willpower. I didn't miss it at all and I was free.' Ruby Wax '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.' Anthony Hopkins '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 filthy habit.'

Michael McIntyre www.allencarr.com

Stop Drinking Now Michael Joseph

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

Allen Carr's Easy Way to Stop Smoking Arcturus Publishing

With stress and anxiety problems on the rise, Allen Carr's famous

method is sure to be a top seller in this category.

The Fast-Track to Quitting Smoking Again for Good Michael Joseph

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 to 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.

The Easy Way to Stop Smoking Foulsham

A new edition written specifically for the American market presents the author's popular 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.

A Liberating Guide to a Smoke-Free Future Allen Carr's Easy Way to Stop Smoking

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 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. 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.

The Easy Way to Stop Gambling Penguin Books

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.

Take Control of Your Life Arcturus Publishing

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.

Free Yourself from Digital Addiction Arcturus Publishing

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's Easy Way to Quit Vaping Allen Carr's Easyway

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 Women to Stop Smoking*, Allen Carr debunks the myths about smoking and shows women specifically how to beat their addiction for good. This 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

Stop Smoking with Allen Carr Allen Carr's Easyway

This text is bold and controversial and takes issue with many experts in the field and much received wisdom. It dispels all illusions about the benefit of alcohol, promises no withdrawal symptoms and removes the desire and need for alcohol.

Allen Carr: The Easy Way to Quit Cocaine Arcturus Publishing 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'S EASY WAY TO QUIT SMOKING WITHOUT WILLPOWER - INCLUDES QUIT VAPING Arcturus Publishing

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.

Allen Carr's Easy Way to Quit Emotional Eating Arcturus Publishing

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.

No More Worrying Arcturus Publishing

"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 to set you free from this addiction, Carr shows you how to eat for a healthier, happier life."--Back cover.

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