

THE BESTSELLING STOP SMOKING BOOK OF ALL TIME

MORE THAN 15 MILLION *Easyway* BOOKS SOLD WORLDWIDE



Allen Carr's EASY WAY TO Stop Smoking

DO NOT
stop smoking
until you've read
THIS book!

30 YEARS
of helping smokers
to stop

Allen Carr

Allen Carr's Easy Way to Stop Smoking: Revised Edition



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Allen Carr's Easy Way to Stop Smoking is usually the one which really works. It had been nothing short of a miracle' Anjelica Huston 'Instantly I was freed from my addiction. 2015 marks the 30th anniversary since this ground-breaking book's first publication. 'It didn't take any willpower. I came across it not merely easy but unbelievably pleasant to stay halted' Sir Anthony Hopkins THE unique method: No scare tactics No weight-gain The mental need to smoke disappears as you go through Feel good to be a nonsmoker Join the 25 million men and women that Allen Carr offers helped stop smoking. 'Achieved for me a thing that I thought was not possible - to give up a thirty-year cigarette smoking habit literally overnight. It is the world's bestselling book on how to give up smoking and over nine million copies have already been sold world-wide. I didn't miss it at all and I was free' Ruby Wax Browse this book and you'll never smoke cigarettes another cigarette again.



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I don't miss cigarette smoking - AT ALL!.I purchased the book and left it on the espresso table for weekly or two.I think attempting to quit/being ready can be an important little bit of why this book worked for me. Read most (3/4), but to be honest, I by no means finished the publication. I didn't need to.! I, a 30 calendar year smoker and her, a 40 yr smoker were both in a position to quit easily, with no anger issues, no craving, and discovered the experience enjoyable.I started cigarette smoking when We was in high school, 15 or 16. Was a confirmed, moderate to weighty smoker from that time forward (1/2 pack to pack+ a time). I quit once for about a year in 2005-6, cold turkey.. In an ideal world, there will be stacks of these sitting in every health care facility.. It makes u want to give up however I'm not normal so that it didn't quite work for me. I feel relieved of a burden. Been trying to give up smoking for about 15 years and crazy as this noises but once you read the last phrase of the book you know you're ready to end, and you're prepared to enjoy it this time. I wanted to quit. I didnt even think about smoking. I QUICKLY remembered somebody mentioning this book and I figured for under \$15 and with the volume of positive testimonials, it was worth a shot. Picked it up when i returned from a vacation. I was open to the power of recommendation and it helped me change my perspective on giving up from one of dread and missing out, to 1 of joy and gratitude. My husband continues to be a smoker and I cannot even get him to turn a few pages, therefore i know it's a personal decision and one that only the smoker could make. I hated it, was miserable, cried a whole lot and missed smoking all the time. I acquired a forty year habit. but path to become a nonsmoker, I suggest you give this publication a try. Good luck! This is the best way, perhaps the only way, to avoid smoking permanently. Stop. I have been a non smoker for 2 1/2 weeks now. Incredible I read this publication in 3 hours. I smoked for over 20 years and right now I have been free of charge for over six months. The hardest component of this was simply reading the publication. Once I began reading, I didn't prevent until I got my last cigarette that same day!Buy this book; quit smoking.LOL) Or I'd reach for a cigarette to light when We reached a certain road I was journeying on (Again! Avoid being afraid, simply buy it.Edit: as of this review January 11, 2018 I am 8 weeks nicotine free.Allen Carr should be sainted. This reserve worked for me personally and my mother.this book will highlight how exactly to stop without another nasty habit. I was disappointed. But I do recommend this reserve to those who are trying to quit, really all about perseverance when it's all said and completed. I stop smoking April 8th. It certainly was easy. About a month later my father ended up in icu on a vent. That's the most stressed I've ever been. I was ready, but I was intimidated and worried I'd again miss it forever, so I just put it off over and over again. My dad was a smoker before that, he quit when he got out of medical center, and is already smoking again.. I was a 33 yr smoker.. I don't think about them today. No. It's simply the truth. I go through it in 2 days in March 2018, and also have yet to touch another cigarette after cigarette smoking almost 25 years. When I awaken I'm relieved. I thought i loved cigarette smoking. I've bought it for and recommended it to countless people? Some ppl possess asked me whether it's hypnosis. I don't crave them. I can sit in a room with smokers and not even think about it(actually happened within my mom's). I purchased 2 more copies of the book and currently lent them out. I threw out a fifty percent pack of ciggs after I finished reading, that i would have under no circumstances done before, with out a second thought. Go through this.. This book and prayer does indeed work. You just have to keep reading and maintain praying before end. As I was reading it, I kept thinking to myself 'there is certainly no way this is likely to work' but it really did. I actually even quit before I got eventually to the finish of the book but I still finished reading it.) The only other down fall can be that I did gain 10lbs.. It did consider my brain a while to catch up with the fact that I didn't smoke cigarettes any more. I am in rooms that folks smoke in and never think of smoking. I don't smoke anymore, silly gal . I only desire the method were even more widespread and embraced by the mainstream medical community. And it gets to your subconscious without you truly trying. Simple.check it out for yourself as well as your loved ones. In case you are truly seriously interested in quitting this is the way to go. I won't say giving up was "easy" for me personally but this book managed to get possible and I've hardly ever looked back. The Smoking, I believe

does really affect your metabolism. So now i am working on getting the 10pounds off. I really believe in you, that can be done it! Read the publication and become a healthier and better smelling you! :) YES, I stated better smelling you because cigarettes do make you stink. You don't realize until you quit and smell it on others. God Bless and ALL THE BEST Thank you Allen Carr Before you try other things, try reading this book ...and OMG the amount of money I am keeping. I go through it, smoking the complete time. After I finished reading, I halted smoking-and I've stayed smoke free ever since-t's been three years.. No withdrawal symptoms. No pounds gain. Provide this a chance. Please. Just go through it and let it work. MUST Browse! He said men offshore experienced read it and 8 out of 10 of them quit smoking and dipping. So with much skepticism I attempted it. And 8 years later I am still a non-smoker!!!. I smoked 2 packs a day for most of my life. It really is amazing what the reserve offers. Trust me I doubted it big time but once I noticed my best friends brother who smoked 2 packs a day time for 30 years stop after reading the publication I was intrigued. Works wonders, really works! I am self-confident I'll never smoke once again and I am so grateful for that. Allen Carr is certainly a HERO, saved my life I've been smoke-free for 4 years because of this book. I really watched that my taking in didn't modification and it didn't but I still put on the 10pounds.! Dr.I could honestly say We am a non smoker Ideal book I have read and the BEST thing I have done for my self! The TRUTH: cigarettes do absolutely nothing other than relieve the powerful withdrawal installed by the previous cigarette. Accept this, permit the drug to leave one's body, and walk away forever. It is that easy, not kidding. Believe it or not, you certainly do not need to dread quitting. Actually, you can anticipate it and get excited right now. You can also skip expensive medicines &!. Felt as if I was denying myself the joy and pleasure of cigarette smoking. FREEDOM! 20 years and one pack a day - after listening to the audiobook and reading the actual reserve, finishing with the six hour seminar —> I AN FREE FROM NICOTINE! I DO NOT MISS IT :) The brilliance in this method lies in the destruction of a myth: that cigarettes are valuable in some way.!!. So this reserve is hella interesting. I do not miss smoking. After that less than a week later on it's like the words soaked in. Works!!. I quit almost 9 years back after scanning this book. I didnt. It Really worked Ok I rarely write testimonials, but this book helped me give up smoking. I believe that in the event that you examine it with in just a few days rather than weeks it works. Sometimes I wish i smoked and also in my dream I am so devastated that I will have to start over again. For example, on my way home from work, I'd reach for my purse to find if I needed to stop and get smokes (Oh Wait around! I dont have any urges or think about smoking that I've had on with all the strategies. I cant believe reading a publication actually worked. I've tried pills, patches, e ciggs , and gum. Some proved helpful for some days others perhaps a week. But I eventually finished up smoking again. More ppl should know about this book It is really easy and didn't bother me a bit We am 47 years old and started cigarette smoking when I was 14. Easy may be the word. Most sensible thing I ever do.. Cool turkey. My advice, try it, read it with in a few days and see. We was told about the publication by a friend.!!! OMG....where has this book been almost all my years of trying to give up.... Bought and successfully quit within one month.all I can say could it be worked for me personally.. Woohoo!.I have often quit and had patches.. gum and vapor and do you know what always returned. Saved my life!.. Following day I was still smoking..The last six-plus weeks appear to have been different..all I could say is many thanks!.to everyone that left comments upon this book.. read them thought what do I must lose I smoked up till last page.. Also it was the least expensive and fastest method to quit. Good book, too poor I'm not normal.WOW is most I can say...I have already been in thus many places where We thought We needed a smoke before now NOPE Before you try anything else, try reading this book... It is really easy and didn't bother me a little bit. Hey I don't smoke!. There is something about this book.. It offers you truth about cigarettes.... Carr systematically dismantles every reason you ever thought that you enjoyed smoking.!! good luck! NRTs, just browse. I smoked my last cigarette on July 14, 2015 and I have not looked back.



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