

14 MILLION Allen Carr's **Easyway**[®] BOOKS SOLD WORLDWIDE

Allen Carr

THE ONLY WAY TO

Stop Smoking Permanently

Carry on
smoking while
you read
this book!

'A different approach . . .
a stunning success'

SUN



Allen Carr

**The Only Way to Stop Smoking Permanently (Penguin
Health Care & Fitness)**



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This book will help you: - Achieve the right frame of mind to quit - Avoid pounds gain - Stop without dependence on guidelines or gimmicks - Enjoy the freedom and choices that nonsmokers have in existence - Quit without willpower It is time to begin your new life as a nonsmoker with Allen Carr's THE ONLY METHOD to avoid Smoking Permanently. Following a enormous success of his bestselling Easy Way to Stop Smoking cigarettes, Allen Carr provides smokers with the inspiration to liberate from addiction for ever. A different strategy... He has built a network of treatment centers that span the world and gained a phenomenal reputation for success in assisting smokers to stop. a stunning success, Sunlight I was exhilarated by a new sense of independence, Independent His skill is normally in removing mental dependence, Sunday Times Enable Allen Carr to assist you escape painlessly today, Obvserver A successful accountant, Allen Carr's hundred-cigarettes-a-time addiction was driving him to despair until, in 1983, after countless failed attempts to quit, he finally uncovered what the world have been waiting for - the Easy Way to Stop Smoking. His books are published in over twenty languages and video, sound and CD ROM versions of his technique are also available. His other books include Allen Carr's Easy Way to Stop Smoking cigarettes, Allen Carr's Easyweigh to lose excess weight and THE SIMPLE Way to Enjoy Flying.



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THE VERY BEST Book I Ever Browse- IT MIGHT Save Your Life This book was the main element to my quitting smoking. After 30 years of the vile habit, I experienced used every method out there to try to quit. Nothing at all ever stuck until this book. I have already been smoke free of charge for over 3 years now without desire to ever return back. This method was honest to God painless and easy. I would recommend to anyone that is looking to quit. I got a stroke and a heart attack but still couldn't quit until this publication helped me. Allen Carr was a lifesaver! With this recipe, reinforced and abbreviated in additional Carr books, I must say i think I can do that. But once you quit it is easy ! I hardly ever wanted one once again. I wished I'd of read this reserve years ago. Hey skeptics. It works. It helped me quit. No withdrawals. Months later but still a nonsmoker (as I will be forever). The print is too small and the first 15 webpages have been a comprehensive bore. At wits end I go through this and quit. Stop for nine years and began up for four years and it was way harder to quit the next time. No need for patches. No longing for the routine of lighting up and relaxing after function. Two of his other books failed me and I can't make it through the initial chapter of the one. Way better than. I am feeling extremely confident given that I can quit smoking in 4 weeks (I'm not quite ready today), but I love I said, Personally i think quite confident, instead of feeling like it's basically impossible and any try to quit just makes matter worse. This man really did know what he is discussing. For reasons unknown the onlyway got through to me whereas the easyway reserve didn't. Be aware that both books are about the easyway to avoid smoking. I'm today a happy (significantly) non smoker.. In case you have a rational actually will appreciate his methods :-) Yes it really is "the simple way" ! If you really want to stop smoking, Alan Carr's technique is the way to do it. Unlike the willpower technique which makes you feel deprived, Alan's technique will brings all illusions of smoking cigarettes to light, and by the time you finish the book you will want to quit through desire. If you don't feel that way when you've finished reading the book, you've missed something, go through it again and again if necessary. But, do you know what it did. Life is good Disappointed I didn't browse this previous. After 18 years of smoking, I quit actually before finishing the publication. Tried patches and cutting down without achievement. No cravings, no unwanted effects.. I quit for 2 years once, and it was easier than dropping off a log, so I know it could be easy to quit. Very helpful, if rather long This is a loooong book, an amplification and clarification of Carr's "Easy Way". the normal easyway book We actually bought both books :-) The easyway a single and the onlyway 1. Quitting smoking was EASY by using this book! Carr's basic principles are to eliminate the illusions that people have about why they smoke and make them/us understand it really is simply because we are addicts, and just how out of an addiction is to stop the element, basically. And his recipe to make the quit happen

would be to announce to oneself "YIPPEE, I'M A nonsmoker NOW. I DON'T NEED TO SMOKE Any more" when one gets urges, as well as explaining to oneself that the withdrawal pangs are the little monster's loss of life throes and isn't that fantastic, that the tiny monster is dying. Best book I've ever read I must say I'd of never idea a publication would help me stop smoking after smoking for 28 years. Simply happier, healthier and wealthier. But since that miraculous experience in 1997-1999, when I hardly ever once had an urge for a cigarette, never skipped them a bit, since that time, it's gotten impossible again, even after quit tries aided by quitlines at the American Tumor Society and the American Heart Association. However now, with Carr's recipe, I really think I could do it -- I could do what a month ago was impossible. So I give this publication very high marks. It really is worth a shot and again. It offers allowed me to kick the habit permanently! This book can help. If you don't want to read such a fat book, try his "Easy Way" book, or one of his own other books. But certainly check out his method. Quitting is simple with this book! This man really did know very well what he is discussing . I really feel it transformed my entire thinking on smoking. I was shocked and thrilled. Even if you don't believe this will work, browse it anyways ! Also, Carr is quite readable, he has a sense of humor and he's extremely spirited and single-minded.. it changed my considering on addiction to smoking. THANK YOU! To anyone considering a cessation hesitate no more and buy this book. This book helped me become a permanent non smoker. Five Stars It worked! It's way better than the standard advice you get everywhere else.!!! Do yourself a favor and buy and READ this book! You can certainly do this. And right now I know why that was accurate. I recommend to anyone who is seeking to quit I was a public smoker from time to time, and I haven't picked up a cigarette for six months and have no urge to take action again. Really this is completely different to trying to stop cigarettes using willpower..The onlyway is quite a bit longer and more of a narrative style. In order to be considered a non smoker this helps deprogram your brain and give you the mindset you have to succeed. My daughter even read it and give up too! It Works After 33 years of failing woefully to quit. I examine Carr's book and quit as promised. I am so thankful for this book! I don't know how it operates, nonetheless it does! I browse the publication and by the time I finished it I acquired quit my pack-a-day-for-18 years habit and dropped all desire to smoke. It may well have saved my life. Readable and understand. I highly recommend it to anyone desiring to avoid smoking. Don't Bother I just can't enter this book. Willpower was ineffective. It just worked. Five Stars FANTASTIC



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