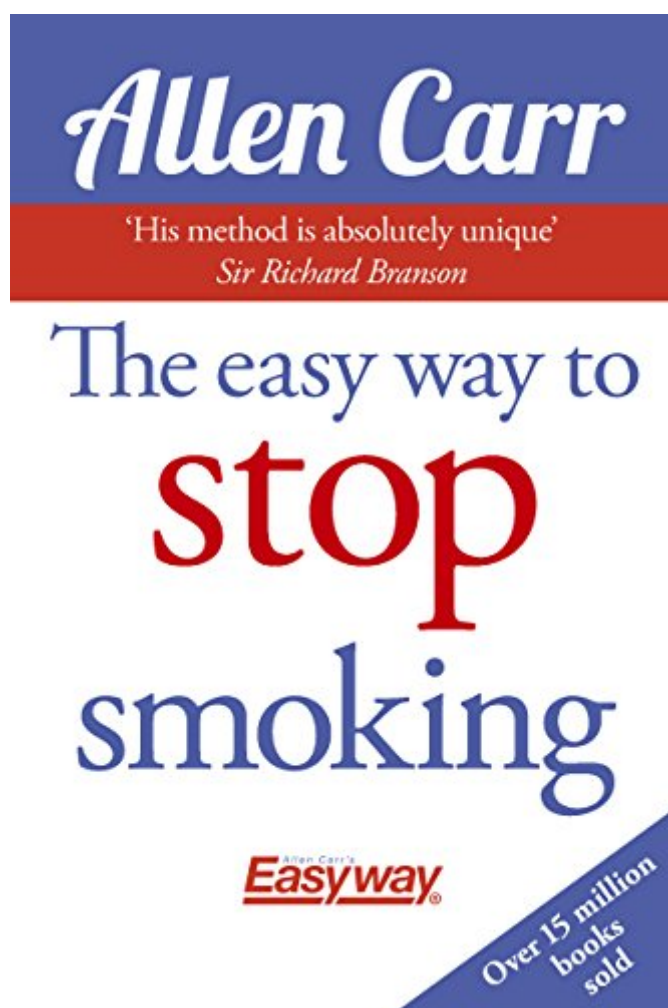


The book was found

Allen Carr's Easy Way To Stop Smoking



Synopsis

“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 quit smoking expert, Allen was right to boast! This classic guide to the world’s most successful stop smoking method 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. Ten million people can’t be wrong. I would be happy to give a medical endorsement of the method to anyone. • Dr PM Bray MB CH.b., MRCGP Praise for Allen Carr’s Easyway: “Allen Carr explodes the myth that giving up smoking is difficult” • “The Times” “A different approach. A stunning success” • “The Sun” “The Allen Carr method is totally unique.” • GQ Magazine “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

Book Information

File Size: 1174 KB

Print Length: 272 pages

Publisher: Arcturus Publishing (May 16, 1985)

Publication Date: May 16, 1985

Sold by: Digital Services LLC

Language: English

ASIN: B0051XSN50

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #8,752 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Tobacco #2 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #3 in Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking

Customer Reviews

To All People Out There Who Want to Quit:(And Even Those Who Simply Want to WANT To Quit)I understand how it is, I really do. I want to try and help, even if it's something that you've heard a thousand times before. Yes, indeedy, I did have success with this book. I found out that I was pregnant with my first child on January 9, 2012. At age 24 I had been a pack-a-day smoker for almost 6 years. I enjoyed the ritual of taking some "me time" to reflect each day while enjoying a cigarette with an iced coffee. I liked smoking while driving in my car on a beautiful day. If I went out drinking for the night, I could kill a pack in a matter of a couple of hours, no problem. What I really *didn't* like was the disgusting ashtray-mouth the next morning, or, on other occasions, the feeling of panic that would set in if I only had one cigarette left, or, even worse, NONE left. If I was short on money, I'd get desperate, and try any way to get one. I also didn't like the stale taste in my mouth that would linger hours after smoking. I felt self-conscious whenever I spoke to someone really close-up, or when I kissed my boyfriend. I didn't like that when I went on vacation or went to visit someone, I would open my luggage and smell a rank ashtray smell radiating out. I'm sure these are all things you've experienced before.What really helped me to quit for good (immediately and without regret, depression, or any *real* withdrawal problems) was the imagery in this book about the "Nicotine Monster". The idea that for the past 6 years of my life, I was carrying around this evil little parasite in my brain. He moved in to my brain and made himself comfortable the day that I smoked my first cigarette at a party my freshman year of college.

I used this book to quit smoking over a year ago, but decided to wait before writing a review. A review after a full year is much more likely to convince someone than a review from someone who has only quit for a day or two, after all.I bought this book after reading that the comedian Michael McIntyre had use it to quit when he was the same age as me. So I thought I'd give it a try. To be honest I was skeptical about the whole thing and didn't expect much to happen - perhaps I would just use the book to entertain the idea of giving up smoking, even if I didn't actually do it.And here's the thing - I wasn't even particularly desperate to give up smoking. I for the most part enjoyed the rituals of smoking. The only times I questioned it were when I felt pangs of embarrassment if someone stood close to me on the train - can they smell the smoke or not? But even this was only of mild "I know I shouldn't, hahaha" concern. So my nine year pack a day habit was, except for the occasional niggle that I wasn't doing anything to help my health, something I just believed to be part of me. Something that wouldn't go away and maybe didn't even need to. The book would just be an interesting experiment. That was my mindset when I began the book.So when I found myself

becoming excited at the prospect of giving up, I was more surprised than anything. How did that happen? Carr breaks down every excuse you might have for smoking and simply tells you why it really is pointless. And lo and behold, you start to believe it. This book is written by a smoker and KNOWS your smoker's mind better than you even know it yourself. It doesn't bombard you with statistics and admonish you, it just tells you how and why you're not looking at things clearly.

[Download to continue reading...](#)

Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Stop Smoking: Stop Smoking Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes for Life (Quit Smoking Method) Allen Carr's Easy Way to Stop Smoking Allen Carr's Easy Way to Stop Smoking: Revised Edition Allen Carr's Finally Free! The Easy Way to Stop Smoking for Women Quit Smoking: Stop Smoking Now Quickly And Easily- The Best All Natural And Modern Methods To Quit Smoking (Quit Smoking Now Quickly & Easily So You Can ... & Defeat Nicotine Addiction Once & For All) Allen Carr's Stop Smoking Now Callen Carr's Easy Way to Stop Smoking Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Allen Carr's Easy Way to Control Alcohol How to Quit Smoking Now :The Natural, Fast, and Easy Way: (A Step by Step Process on How to Stop Your Smoking Addiction Now) Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Stop Drinking Now: The Easy Way To Stop Drinking (I Need To Stop Drinking) The Easy Way to Stop Smoking Easy Way to Stop Smoking Easy Way to Stop Smoking (Penguin Health Care & Fitness) Allen & Mike's Avalanche Book: A Guide to Staying Safe in Avalanche Terrain (Allen & Mike's Series) Tinnitus: The Safe and Easy Way to Cure Tinnitus With Easy-To-Do Homemade Remedies and Treatments - Stop Ear Ringing & Recover Your Hearing Naturally! ... Stop Ear Ringing, Tinnitus Treatment)

[Dmca](#)