

Stop Smoking With Allen Carr

Allen Carr

Allen Carr's Easy Way to Stop Smoking Allen Carr,2006-01-05 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.

The Easy Way to Stop Smoking Allen Carr,2004 The author offers a step-by-step approach to stop smoking without the use of nicotine substitutes.

Allen Carr's Easy Way to Stop Smoking Allen Carr,2008

Allen Carr's Easy Way to Stop Smoking Allen Carr,2015-09-24 MAKE 2023 THE YEAR YOU QUIT SMOKING, WITH THE HELP OF ALLEN CARR 'It didn't take any willpower. I didn't miss it at all and I was free' Ruby Wax Read this book and you'll never smoke another cigarette again. _____ Allen Carr has discovered a method of quitting that will enable any smoker to stop, easily, immediately and permanently. As the world's bestselling book on how to stop smoking and with over nine million copies sold worldwide, Allen Carr's Easy Way to Stop Smoking is the one that really works. 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 25 million people that Allen Carr has helped stop smoking. What have you got to lose? _____ '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 habit' Michael McIntyre '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' Sir Anthony Hopkins

No More Ashtrays Allen Carr,2011-11-15 THIS BOOK IS EVERYTHING YOU NEED TO STOP SMOKING! Society's ideas and beliefs about smoking are based on misinformation and illusions, which stop us from seeing what's really going on. Learn the truth and free yourself forever! This unique book is a step-by-step guide to Allen Carr's Easyway method, showing how smokers fall into the trap o...

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 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 epilogue 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. Praise for Allen Carr's Easyway: 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 Allen Carr explodes the myth that giving up smoking is difficult The Times 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

The Easy Way to Stop Smoking Allen Carr,1985-05-16 '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. Praise for Allen Carr's Easyway: I would be happy to give a medical endorsement of the method to anyone. - Dr PM Bray MB CH.b., MRCGP 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

Stop Smoking Now Without Gaining Weight Allen Carr,2009 Smoking.

I Quit! Allen Carr,2011-06-30 READ THIS BOOK, FOLLOW THE INSTRUCTIONS AND QUIT SMOKING! Allen Carr's Easyway is the most successful self-help stop-smoking method of all time. It has helped millions of smokers from all over the world quit. Follow the Easyway method and you will see through the smokescreen of lies and misinformation which are at the heart of society's ideas and beliefs about smoking. You will be at liberty, once and for all, to enjoy a nicotine-free future. Allen Carr has helped millions worldwide and he can do the same for you. His books have sold over 15 million copies worldwide, and read by an estimated 40 million people, while countless more have been helped to quit through his network of clinics. Allen Carr's Easyway has spread all over the world for one reason alone: BECAUSE IT WORKS. 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

Stop Smoking Now Allen Carr,2009-10-01 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 ...

Quit Smoking Boot Camp Allen Carr,2018-06-05 Short of time? Or have you stopped smoking and found it difficult or even impossible to stay stopped? If your answer to these questions is yes, then this is the book for you (even if you've tried and failed using Allen Carr's method in the past). Quit Smoking Boot Camp is a revolutionary and concise version of the world-famous Easyway method, delivered in short, punchy segments to help you quit with the minimum of fuss, with minimal effort, in a reassuringly regimented and speedy way. Four days is all it takes to transform your life. We recommend that you read this book over just four days (though you might choose to do it in less or even to take a little longer). Choose your start date and four days later you can be free. It's as simple as that. The Easyway Boot Camp will help you change your mindset and quit smoking, vaping, or using nicotine in any form easily and immediately. 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

Allen Carr's Easy Way to Quit Smoking Without Willpower - Includes Quit Vaping Allen Carr,John Dicey,2018-07-31 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE. This book is the most up-to-date, cutting-edge, best-practice version of Allen Carr's Easyway to Stop Smoking method that will not only set you free from smoking, but will also insure that you find it easy and even enjoyable to quit. Whether you smoke cigarettes, vape or use any other nicotine product, this method will work perfectly for you. • 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 smokers, who appreciate clear no-nonsense guidance. Allen Carr's Easy Way to Quit Smoking Without Willpower gives you a structured, easy-to-follow method for quitting quickly, 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 I read this book and quit smoking instantly Nikki Glaser 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

Allen Carr's Easy Way for Women to Quit Smoking Allen Carr,2018-09-03 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway is the most successful self-help stop-smoking method of all time. It has helped millions of smokers from all over the world to quit. In the Easy Way for Women to Stop Smoking Allen Carr addresses the difficulties that women smokers face when trying to quit, and shows how his technique successfully resolves them. Allen's 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

Your Personal Stop Smoking Plan Allen Carr,2015-04-28 Allen Carr's Easyway method has helped millions of people to stop smoking. This is the first ever interactive Allen Carr book. By regularly interacting with the text in an easy yet dynamic and measurable way you begin to write the story of how you came to smoke. By understanding why you continue to smoke in spite of the obvious disadvantages, you are able to follow the simple step-by-step instructions that set you free. No pain. No drama. This eBook edition includes the same interactive exercises as the printed edition, but those elements can also be downloaded and printed out at your convenience. Together with the eBook, they form Your Personal Plan! READ THIS BOOK AND BECOME A HAPPY NON-SMOKER AND NICOTINE-FREE FOR THE REST OF YOUR LIFE CARRY ON SMOKING WHILE YOU READ A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER REMOVES THE DESIRE FOR NICOTINE STOP EASILY, PAINLESSLY AND PERMANENTLY REGAIN CONTROL OF YOUR LIFE WORKS FOR ALL NICOTINE ADDICTION, INCLUDING E-CIGARETTES

The Illustrated Easy Way to Stop Smoking Allen Carr,2011-09

Allen Carr's The Only Way to Stop Smoking Permanently Allen Carr,1995-01-05 Author of the most successful stop smoking method of all time, Allen Carr here further exposes the traps of smoking and provides smokers with the motivation to break free forever. This companion volume to Allen Carr's Stop Smoking Now and Allen Carr's Easy Way to Stop Smoking will help you: . Achieve the right frame of mind to quit . A...

Allen Carr's Finally Free! Allen Carr,2012-11-10 Allen Carr's Easyway is the most successful stop smoking method of all time. It has helped millions of smokers all over the world quit instantly, easily, painlessly and permanently. Finally Free! is a specially adapted, cutting-edge presentation of Allen Carr's Easyway method with accessible new text and design. Here, every aspect of smoking is ...

Allen Carr's Easy Way for Women to Stop Smoking Allen Carr,2009-11-03 The Easyway method is as successful for women as it is for men,

but many of the issues are perceived differently by women - as their questions in Easyway sessions reveal - and particular difficulties face women who want to quit the habit. Drawing on years of experience at Easyway clinics, this classic work examines these difficulties - engagin...

The Only Way to Stop Smoking Permanently Allen Carr,1999-12-02 Following the enormous success of his bestselling Easy Way to Stop Smoking, Allen Carr provides smokers with the motivation to break free from addiction for ever. This book will help you: - Achieve the right frame of mind to quit - Avoid weight gain - Quit without dependence on rules or gimmicks - Enjoy the freedom and choices that non-smokers have in life - Quit without willpower It's time to begin your new life as a non-smoker with Allen Carr's The Only Way to Stop Smoking Permanently. A different approach... a stunning success, Sun I was exhilarated by a new sense of freedom, Independent His skill is in removing psychological dependence, Sunday Times Allow Allen Carr to help you escape painlessly today, Obvserver A successful accountant, Allen Carr's hundred-cigarettes-a-day addiction was driving him to despair until, in 1983, after countless failed attempts to quit, he finally discovered what the world had been waiting for - the Easy Way to Stop Smoking. He has built a network of clinics that span the globe and gained a phenomenal reputation for success in helping smokers to quit. His books are published in over twenty languages and video, audio and CD ROM versions of his method are also available. His other books include Allen Carr's Easy Way to Stop Smoking, Allen Carr's Easyweigh to Lose Weight and The Easy Way to Enjoy Flying.

Stop Smoking and Quit E-Cigarettes Allen Carr,2014-12-19 Allen Carr's Easyway method is the most effective stop-smoking method of all time and this book is a super-fast, yet comprehensive, version of the method. Even better, this book is designed to set you free from any form of nicotine addiction - whether that be cigarettes, e-cigarettes or any other nicotine product * Get free from nicotine easily, immediately and permanently * No need for willpower, cigarette substitutes or gimmicks * This is the way to quit without gaining weight * Regain control of your life

Unveiling the Magic of Words: A Report on "**Stop Smoking With Allen Carr**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Stop Smoking With Allen Carr**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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