

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

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Stoppen met roken Allen Carr 2015-12-22 Roken is een fuik, waar je, meestal als jongere, nietsvermoedend in zwemt. Te laat merk je dat je niet meer terug kunt. Alleen Carr laat zien hoe die fuik in elkaar zit, zodat je er moeiteloos uit kunt zwemmen. Hij gebruikt geen trucjes of hulpmiddelen. Carr ontrafelt slechts haarfijn de mechanismen die een roken doen roken. Wie dat eenmaal doorziet, merkt dat stoppen met roken heel eenvoudig is, vanaf de eerste dag.

Allen Carr's Easy Way to Stop Smoking / [by Allen Carr]. Allen Carr 1999

The Illustrated Easyway for Women to Stop Smoking Allen Carr 2008 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 SMOKING WITHOUT WILLPOWER - INCLUDES QUIT VAPING ALLEN. CARR 2020

The Little Book of Quitting Allen Carr 2000-12-07 At last, a Little Book of Quitting, containing more than 100 inspirational and memorable phrases to reinforce Allen Carr's successful message. A perfect gift book and impulse purchase for those who want to give up or for people eager to help smokers kick the habit.

Stoppen met roken Allen Carr 1992

Allen Carr's The Little Book of Quitting Allen Carr 2000-12-07 Allen Carr's international bestseller, The Easy Way to Stop Smoking, has sold more than eleven million copies worldwide and helped to turn countless smokers into non-smokers. The Little Book of Quitting crystallizes 120 key points of the Easyway method in a concise and readily accessible format. Carr's method can

enable any smoker to quit eas...

Allen Carr's Easy Way for Women to Lose Weight Allen Carr 2017 "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.

Stoppen met alcohol Allen Carr 2014-05-22 Een nieuwe methode om van een oud probleem af te komen, van de auteur die miljoenen mensen van het roken afhielp. Velen van ons drinken wel eens een glaasje alcohol, of meer. Het is een gewoonte, sociaal geaccepteerd en ook vaak ingebakken. Als de klok vijf uur slaat drinken we vaak een 'borreltje' en een uitgebreid diner zonder glas wijn of bier is al snel incompleet. We vergeten graag dat deze gewoonte uit de hand kan lopen. Alcohol drinken kan al snel tot verslaving leiden. Voor wie dit geldt, ontwikkelde Allen Carr een Stoppen met alcohol-methode, een eenvoudige en doeltreffende methode die het alcoholgebruik aan banden legt.

Eindelijk je streefgewicht Allen Carr 2019-05-21 Gezond afvallen was nog nooit zo gemakkelijk Allen Carrs Stoppen met roken heeft wereldwijd miljoenen mensen geholpen te stoppen met roken. In dit boek richt hij zijn logische en eenvoudige methode op voeding. Er wordt je niets verboden, hij biedt je alleen een aantal principes die leiden tot een gezonder eetpatroon, een goed gevoel en gewichtsverlies – voor altijd. In korte hoofdstukken legt hij zijn vijf instructies en elf principes uit. Het komt erop neer dat deze methode

ervoor zorgt dat je geniet van wat je eet, dat je de smaken optimaal proeft én afvalt. Je kunt eten wat jij het lekkerste vindt en je natuurlijke instincten volgen zonder schuldgevoel of spijt. Je geniet van verse producten, neemt afscheid van problemen met spijsvertering, je verandert je smaak en kunt de signalen van je lichaam beter opvangen. De pers over Eindelijk je streefgewicht 'Een andere benadering, een geweldig succes.' The Sun

The Easy Way to Enjoy Flying Allen Carr 2013-06-06 Allen Carr, international bestselling author of *The Easy Way to Stop Smoking*, addresses your worries about plane travel in *Allen Carr's Easy Way to Enjoy Flying*. Learn to ENJOY your holidays and NEVER fear flying again! Read this ebook and flying will become a happy, stress-free experience for life. THE unique method pioneered by Allen Carr dispels all the most common flying fears as well as revealing the truth behind media scare stories. It removes the root of the fear, not just the symptoms and is packed with tips to help you on your next flight. Allen Carr, author of the world's bestselling guide to stopping smoking, uses his unique approach to help make flying an enjoyable part of your work or holiday. By the time you have finished reading this ebook you will be looking forward to taking your next flight. A satisfied Amazon customer says: 'I still can't believe that something as simple as reading a book could allay what had pretty much become a phobia, but I can assure you it really does work. I consider myself CURED!' 'His method is absolutey unique' - Sir Richard Branson 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.

Stop Smoking with Allen Carr Allen Carr 2016-07-15 "This revised and updated presentation of the bestselling Easyway method features an audio CD with Allen Carr himself reading a stop smoking session. The Easyway method really works. Allen Carr has sold over 15 million books and helped countless more to quit through his network of clinics. All of this through recommendation and word of mouth. His method removes the need for willpower, and people don't suffer pangs or weight gain. Allen Carr's books have sold over 15 million copies to date in more than 25 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'. This inspirational pack contains a fully up to date version of The Easyway to stop smoking, Allen Carr's globally best selling title, together with a specially recorded CD which amounts to a private consultation with Allen himself, Stop easily, immediately, permanently. Try it!"--Publisher's description.

Allen Carr's Easy Way to Control Alcohol Allen Carr 2009-11-03 READ ALLEN CARR'S EASY WAY TO CONTROL ALCOHOL AND BECOME A HAPPY NON-DRINKER FOR THE REST OF YOUR LIFE. Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally best-selling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies. In this classic guide,

Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple, step-by-step instructions, he shows you the way to escape from the 'alcohol trap' in the time it takes to read this book. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REMOVES THE PSYCHOLOGICAL NEED TO DRINK • REGAIN CONTROL OF YOUR LIFE 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 addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

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 ...

No More Fear of Flying Allen Carr 2014-05-01 Fear of flying is a distressing condition that can have a devastating effect on your life. FOFs - people with fear of flying - either put themselves through hell every time they take a flight, or else they avoid flying altogether. Luckily, help is at hand. The Allen Carr Easyway method has helped millions of people to quit smoking, alcohol and other drugs as well as to stop gambling, overeating and going into debt. This book unravels the misconceptions that make you believe flying is dangerous. All you need to do is follow all the instructions and you cannot fail to cure your fear of flying. * No scare tactics * No willpower required *

Changes the way you think about flying 'Allow Allen Carr to help you escape today.' The Observer 'A different approach. A stunning success.' The Sun

The Easy Way to Stop Smoking Allen Carr 2010-01-01 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 Emotional Eating Allen Carr 2019-11-01 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 behaviour. 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 favourite 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 Now Allen Carr 2015-01-15 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.

Allen Carr's Easy Way for Women to Quit Smoking Allen Carr 2018-10-15 "In the Easy Way for Women to Quit Smoking, Allen Carr addresses the difficulties that women smokers can face when trying to quit, and shows how his Easyway method can successfully resolve them. Nowadays the tobacco companies are increasingly targeting women and the number of female smokers is rising. This book can enable any woman to escape the nicotine trap, instantly, and painlessly without putting

on weight."--Back cover.

Stop Drinking Now Allen Carr 2014-11-17 READ STOP DRINKING NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway a global phenomenon. It has helped millions of smokers from all over the world. Stop Drinking Now applies Allen Carr's Easyway method to problem drinking. By explaining why you feel the need to drink and, with simple step-by-step instructions to set you free, he shows you how to escape from the alcohol trap. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES THE DESIRE TO DRINK ALCOHOL • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REGAIN CONTROL OF YOUR LIFE 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 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...

العلاقات بين جمهورية مالي - والجمهورية العربية المتحدة Allen Carr 1962 Allen Carr was a chain-smoker, who used to get through 100 cigarettes a day until he discovered the 'Easyway to Stop Smoking' in 1983. His method involves a psychological reappraisal of why people smoke as well as understanding the subtle and pervasive nicotine trap and how it works.

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 The Illustrated Easy Way to Stop Drinking Allen Carr 2017-12-01 Easyway is the most successful stop-smoking method of all time. It has helped smokers from all over the world to quit. Now it has been applied to problem drinking. After explaining why you feel the need to drink, he shows you how to escape from the alcohol trap. With the brilliant illustrations of Bev Asibett, Allen Carr's globally best-selling method is presented here in a truly refreshing, accessible, dynamic, funny and enjoyable way.

Allen Carr's Easy Way to Stop Smoking Allen Carr 2020-06-01 An easy way to quit smoking? Allen Carr's

Easy Way to Stop Smoking is a self-help classic, with over 15m copies sold worldwide. It has been a #1 bestseller in nine European countries. It outsells all other quit smoking titles combined. This edition has been developed specifically for smokers in the Canada. This seminal book has enabled millions of smokers to quit easily and enjoyably using Carr's simple, drug-free approach.

- No weight gain, no willpower, no withdrawal
- Removes the psychological need to smoke as you smoke
- No fear of living life without your "little friend"
- Feel great from the minute you put out your final cigarette

Praise for the Carr Method: "To say it was miraculous would not be hyperbole." Hamilton Spectator "Being a smoker is like being trapped in a complicated maze. It's as if Allen Carr has a plan of that maze." Sir Anthony Hopkins "I can't imagine ever lighting up again. I have no desire to. I can honestly say I think I'm done for good now." National Post "It worked for me and about twenty of my friends. Seriously!" Jason Mraz "All eight of my friends who resolved to quit smoking last year did so successfully by reading this book." Now Newspaper

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

Allen Carr's Easy Way to Quit Emotional Eating Allen Carr 2019-12-11 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 Allen Carr 2011 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.

Stoppen met roken voor vrouwen Allen Carr 2014-05-22 !--[if gte mso 9] Normal 0 21 false false false MicrosoftInternetExplorer4 ![endif]--!--[if gte mso 9] ![endif]--!-- /* Style Definitions */ p.MsoNormal, li.MsoNormal, div.MsoNormal {mso-style-parent:""; margin:0cm; margin-bottom:.0001pt; mso-pagination:widow-orphan; font-size:12.0pt; font-family:"Times New Roman"; mso-fareast-font-family:"Times New Roman";} @page Section1 {size:612.0pt 792.0pt; margin:70.85pt 70.85pt 70.85pt 70.85pt; mso-header-margin:35.4pt; mso-footer-margin:35.4pt; mso-paper-source:0;} div.Section1 {page:Section1;} --!--[if gte mso 10] mce:style! /* Style Definitions */ table.MsoNormalTable {mso-style-name:Standaardtabel; mso-tstyle-rowband-size:0; mso-tstyle-colband-size:0; mso-style-noshow:yes; mso-style-parent:""; mso-padding-alt:0cm 5.4pt 0cm 5.4pt; mso-para-margin:0cm; mso-para-margin-bottom:.0001pt; mso-pagination:widow-orphan; font-size:10.0pt; font-family:"Times New Roman"; mso-ansi-language:ε mso-fareast-language:ε mso-bidi-language:ε} --!--[endif]--
Speciaal voor vrouwen schreef Allen Carr dit boek over stoppen met roken. Zijn methode, die al miljoenen mensen over de hele wereld voorgoed van het roken heeft afgeholpen, is erop gericht de mechanismen die een roker doet roken te ontrafelen. Wie eenmaal begrijpt hoe dat mechanisme werkt, merkt zelf dat stoppen heel eenvoudig is. Ook voor vrouwen! Voor hen is stoppen met roken extra belangrijk, omdat zij immers met hun rookgedrag schadelijke stoffen op hun ongeborn kind kunnen overbrengen. In Stoppen met roken voor vrouwen vertelt

Allen Carr hoe je zonder noemenswaardige onthoudingsverschijnselen voorgoed verlost kunt worden van deze verslaving.

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.
Allen Carr's Easy Way to Stop Smoking Allen Carr 2015-09-24 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 McIntrye www.allencarr.com

SUMMARY - The Easy Way to Stop Smoking: Join the Millions Who Have Become Non-Smokers Using Allen Carr's Easyway Method by Allen Carr MY MBA 2022-01-06 * Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. How to quit smoking? It's hard to get rid of the urge to smoke because you have misconceptions about your nicotine addiction. By learning to see your addiction in a new light, to eliminate the reasons why you smoke and to realize that cigarettes have nothing good to offer you, you will find it easier to quit. In this book, you will learn: What is the benefit of smoking a cigarette? What is the right frame of mind to have before thinking about quitting smoking? How to free yourself from your addiction to cigarettes? When is the right time to quit smoking? Is it recommended to use nicotine substitutes? How to quit smoking in practice? Our answers to these questions are easy to understand, simple to implement and quick to execute. Ready to quit smoking? Let's go ! *Buy now the summary of this book for the modest price of a cup of coffee!

Allen Carr's Easy Way to Quit Vaping Allen Carr 2020-10 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.

Stop Smoking for Women Allen Carr 2009-08-31 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.

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

The Easy Way to Stop Gambling Allen Carr 2013-09-08 READ THIS BOOK AND BECOME A HAPPY NONGAMBLER 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, and has also been successfully applied to a wide range of other issues, including drinking, overeating, and overspending. Here the method addresses the fastest growing social problem of modern times: gambling. Allen Carr explains how gamblers fall into the trap and why they keep gambling despite knowing that it's ruining their lives. By explaining the nature of the trap, he removes the desire to gamble and the fears that keep you hooked. Most important of all, you will not feel that you've made a sacrifice, you will not miss gambling, and you will enjoy life to the full without feeling in any way deprived. 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 Stop Smoking Allen Carr
2015-09-24 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. _____ 'It didn't take any willpower. I didn't miss it at all and I was free' Ruby Wax 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 men and women that Allen Carr has helped stop smoking. _____ TESTIMONIALS . . .
'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

The Illustrated Easy Way to Stop Drinking Allen Carr
2014-09-01 READ THIS BOOK, FOLLOW THE INSTRUCTIONS AND STOP DRINKING NOW. Allen Carr's Easyway method has helped millions of people to quit smoking, alcohol and other drugs, as well as to stop gambling, over-eating and getting into debt. It will show you the way to escape from the alcohol trap. With the brilliant illustrations of Bev Aisbett, this handy pocket book presented in a truly refreshing, accessible, dynamic, funny and enjoyable way. 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 Easyweigh to Lose Weight Allen Carr
1999-12-02 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.

Allen Carr's Easy Way to Stop Smoking Allen Carr
2013-01-01 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