

Allen Carrs Easy Way For Women To Stop Smoking

Allen Carr, Bev Aisbett

The Easy Way for Women to Stop Smoking Allen Carr, 2009-11-03 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER 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. 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 15 million copies worldwide, and read by an estimated 40 million people, while countless more have been helped 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

Easy Way for Women to Stop Smoking Allen Carr, 2009 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.

Allen Carr's Illustrated Easy Way for Women to Stop Smoking Allen Carr, Bev Aisbett, 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 Stop Smoking Allen Carr, 2009 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.

Finally Free! Allen Carr, 2012-11-10 Allen Carr's Easyway is a global phenomenon. It has helped millions of smokers from all over the world. Finally Free! is a specially adapted, cutting-edge presentation of Allen Carr's Easyway method with new text and design. Here, every aspect of smoking is examined from a female perspective, and answers are provided to every question and concern. Allen Carr's Easyway works both for casual and heavy smokers, and regardless of how long you have been smoking. There are no gimmicks or scare tactics, you won't put on weight, and you can even smoke while you read. What people say about Allen Carr's Easyway: 'I stopped smoking... I read this book by Allen Carr. Everyone who reads this book stops smoking!' Ellen DeGeneres 'For the first time in my adult life I am free!' Woman's Journal

The Illustrated Easy Way for Women to Stop Smoking Allen Carr, Bev Aisbett, 2019-05 Read this book and become a happy non-smoker for the rest of your life. The Allen Carr Easyway Method that has successfully helped cure millions worldwide is equally as successful for both men and women, but many of the issues related to quitting smoking can be perceived differently by women-as their questions in Easyway sessions reveal-as well as the particular difficulties facing women who want to quit the habit. In The Illustrated Easy Way to Women to Stop Smoking, Allen Carr debunks the myths about smoking and shows women specifically how to beat their addiction for good. This book not only enables women to easily and painlessly escape the nicotine trap, but to do so without gaining weight. With the brilliant writing skills and illustrations of Bev Aisbett, Allen Carr's international best-selling Easyway Method is presented in a refreshing, accessible, dynamic, and enjoyable way. To date, Allen Carr's books have sold more than 15 million copies worldwide and have been 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 Method has spread all over the world for one reason alone: because it works 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 deGeneres Allen Carr's Easy Way to Stop Smoking Program achieved for me a thing that I thought was not possible - to give up a 30-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

Allen Carr's Easy Way to Stop Smoking Allen Carr, 2009 Allen Carr's cigarettes addiction drove him to despair, but, after countless attempts to quit, he eventually kicked the habit. This book and CDs offers a complete system to allow smokers to finish that last cigarette and quit for good.

Allen Carr's Easy Way to Stop Smoking Allen Carr, 2006-01-05 Allen Carr's Easy Way to Stop Smoking is the one that really works. It is the world's bestselling book on how to give up smoking. And this is the original and still the best edition of his classic book on how to give up smoking the easy way. Over Nine Million Copies Sold Worldwide. '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. 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 give up smoking. '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 'This guy's brilliant. And I haven't smoked since' Ashton Kutcher Special offer: Recover the cost of this book when you attend an Allen Carr Clinic. 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.

The Illustrated Easy Way to Stop Smoking Allen Carr, 2013

Finally Free! Allen Carr, 2013-01-15 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 examined from a female perspective, and answers are provided to every question and concern.

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The Easy Way to Stop Smoking Allen Carr, 2004 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 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

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

The Easy Way for Women to Stop Drinking Allen Carr, 2016-02-12 READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER 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. In The Easy Way for Women to Stop Drinking, Allen Carr's Easyway method has been applied to problem drinking for women, acknowledging that women who want to stop drinking face particular difficulties and tailored to their needs. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, Allen Carr shows you how to escape from the alcohol trap. This book comes with several assurances: You won't feel like you're being talked down to; there are no scare tactics or gimmicks; you won't feel deprived; and you won't miss drinking. 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 Easy Way for Women to Lose Weight Allen Carr, 2016-11-15 READ THE EASY WAY FOR WOMEN TO LOSE

WEIGHT AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE. 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. 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, 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

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

Allen Carr's Easy Way for Women to Quit Drinking Allen Carr, 2016-04-15 Allen Carr's Easyway is the most effective stop-smoking method of all time and it has now been successfully applied to a wide range of other issues. Here the method focuses on one of the fastest-growing problems of modern times: women's drinking. Alcohol blights women's lives often in a different way to men's: women tend to stay at home drinking alcohol; women often feel particular shame over drinking too much; drinking around children can be a particular burden; in summary there are a lot of added pressures on women to stop drinking and often they feel this is an impossible task. Luckily, Allen Carr's Easyway makes it easy to stop drinking. It's the tried-and-tested cessation method that really works. With startling insight into why women drink and clear, simple, step-by-step instructions, Allen Carr 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 will power. Stop easily, immediately, painlessly and permanently. This book removes the psychological need to drink. Regain control of your life --

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.

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