

Allen Carrs Easy Way To Stop Smoking Penguin Health Care Fitness

Do you pull out your phone at every idle moment? Do hours slip away as you mindlessly scroll? Has your smartphone added a level of detachment between you and the outside world? Sadly technology which should be a wonderful boon to us has started to blight our lives. The average adult spends nearly ten hours a day looking at digital screens, leading to unprecedented levels of stress, isolation, procrastination and inertia. The fact is that digital dependence is an addiction and should be treated as such. Allen Carr's Easyway is a breath of fresh air when it comes to addiction treatment. Tried and tested as an incredibly successful stop-smoking method, its principles have since been applied to other addictions such as alcohol, gambling and caffeine with outstanding results. Here, for the first time, the Easyway method has been used to overcome digital addiction, and it really works! Smart Phone Dumb Phone rewires our relationship to technology. By unravelling the brainwashing process behind our addictive behaviour, we are freed from dependence and can reassert control over our time and productivity. Including 20 practical steps to help you along your way, this wonderful guide will release you from the clutches of your smartphone and allow you to live in the moment. It truly is the easyway.

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Allen Carr's Easyway to Stop Smoking is the world's most popular quit smoking title, with an 80+ percent market share in the smoking cessation category. First published in the UK in 1985, it has sold over thirteen million copies and has topped bestseller lists in nine countries. This brand new edition has been written specifically for the US market and is based on the past five years of working with American smokers at our live seminars.

MAKE 2021 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

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enjoyable to stay stopped' Sir Anthony Hopkins

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.

"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.

'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....

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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

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

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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, 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 customer says: 'I still can't believe that something as simple as reading a book could allay what had pretty

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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. 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 addition. 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

Lose weight and feel great in 2020. _____ Allen Carr, international bestselling author of The Easy Way to Stop Smoking, helps you to take off the pounds in no time -

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without dieting, calorie-counting or using will-power. His revolutionary eating plan allows you to enjoy food and savour flavours all while you're losing weight. You'll be able to: - 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 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 drug addiction.

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. Reading this book is all you need to do to take control of what you eat. There are no

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scare tactics and eating less will not feel like deprivation; quite the opposite in fact—you will feel much happier. The Easyway method removes your psychological dependence on comfort eating and junk food, setting you free to live as you choose. Once learned, the principles can never be unlearned, ensuring that the benefits in health and well-being you experience will be permanent.

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 first-ever book on how to quit vaping will help you stop for good and improve your lung health. Vaping has become an urgent public health crisis. Almost 15 million

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Americans not only are consuming concentrations of nicotine more potent and addictive than traditional cigarettes, but they also are inhaling deadly carcinogens such as formaldehyde, benzene, and propylene glycol, an ingredient in anti-freeze. Vapers are dying, health professionals are sounding the alarm, and parents are struggling to help their addicted teenagers. Certified interventionist Brad Lamm debunks the myths spread by the thriving e-cigarette industry and its supporters, revealing the truth about the effects of inhaling these highly dangerous aerosols. Then he offers a step-by-step blueprint to break free of its grip. This simple, 28-day program provides specific actions to take, day by day, as you free yourself from nicotine addiction. Key information and special considerations throughout help and guide parents of young vapers through the process as well. Learn how to create a quit plan, build a support team, follow a detox, change your inner dialogue, manage your cravings, and become a non-vaper. The plan offers a rich variety of strategies, tactics, hacks, exercises, research, and inspiring stories of people who have quit the habit using Lamm's proven program. A PENGUIN LIFE TITLE

This little gem of a book reveals all the mental strategies you need for taking control, achieving inner peace and turning even the worst-case scenarios into win-win situations. Based on the most successful stop smoking method of all time, Easyway, 'No More Worrying' offers a step-by-step summary that is perfect for use on its own or as a com...

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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 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

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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

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

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from my addition. 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 McIntyre www.allencarr.com 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

A guide to stopping smoking, adapted for women, from the author's Easyway method.

Allen Carr's Easy Way to Stop Smoking Clarity Marketing USA

Allen Carr is without doubt one of the most potent weapons in the world's fight against nicotine addiction. Having sold over 13 million books and establishing a chain of clinics spanning the globe, Allen Carr's Easyway is the most successful stop smoking method of all time. Smaller, more concise than the original but lacking none of its pu...

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"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.

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

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

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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 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. --Publisher

Do you want to free yourself from worry and anxiety? Allen Carr's Easyway method has

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brilliantly transformed lives all over the world, setting out a wonderful practical pathway to help free millions from a whole variety of addictions. It strips away the illusions that leave us prey to negative thoughts and behaviours, showing us how to gain clarity and control if we focus on who we truly are rather than being distracted by those things that harm and trouble us. The key to peace of mind lies within. Mindfulness lies at the heart of Allen Carr's philosophy and this book shares the proven principles of mindfulness with a wider audience in simple accessible terms that apply to real life and provide a tangible, practical outcome: YOUR HAPPINESS. 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 w...

THIS BOOK WILL CHANGE YOUR RELATIONSHIP WITH FOOD. READ IT AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE. In *The Easy Way to Lose Weight*, Allen Carr addresses the issues of psychological dependence on comfort eating and junk food, and shows how his Easyway method can successfully resolve them. By revealing what makes us eat too much and how we can break free, readers are empowered to take control of what they eat, without all the feelings of deprivation and frustration associated with diets. 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 through his network of clinics. 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 • LOSE WEIGHT EASILY AND PAINLESSLY •**

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REMOVES THE PSYCHOLOGICAL NEED TO EAT JUNK • 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 Easyway is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. First used as an internationally renowned and 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 behavior. 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 health service's Gold Standard Stop Smoking Service. 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

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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.

This text is bold and controversial and takes issue with many experts in the field and much received wisdom. It dispels all illusions about the benefit of alcohol, promises no withdrawal symptoms and removes the desire and need for alcohol.

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.

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.

"I know so many people who have turned their lives around after reading Allen Carr's books." -Sir Richard Branson People are now so hooked on sugar that it's become the number one threat to health in the modern world. This book helps explain the truth about bad sugar and introduces a proven method to cut it out of your diet entirely. Once you free yourself from addiction, you'll feel happier and healthier, and you'll be able to choose the weight you want to be for the rest of your life. Allen Carr's Easyway is the most successful stop smoking method of all time. It works by unravelling the brainwashing that leads us to desire the very thing that is harming us, and it has now

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been applied to other areas. The Easy Way to Quit Sugar tackles the biggest dietary threat to the modern world: addiction to refined sugar and processed carbohydrates. With the brilliant additional writing skills and illustrations of Bev Aisbett, you'll free yourself of addiction and enjoy better health, higher levels of energy, dramatically improved body shape and a happier, healthier lifestyle.

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