

The Easyway For Women To Stop Smoking

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

The Easy Way for Women to Lose Weight Arcturus Publishing

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.

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

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

IF YOU KISS A FROG, HE JUST MIGHT TURN INTO A PRINCE. IF YOU KISS A TOAD, HE'LL JUST PEE ON YOUR HAND. This is the book emotionally abusive partners do NOT want you to read. It sounds so simple -- get out of a harsh relationship, remove the shrapnel, and move on. But some guys don't make that possible. Sometimes you get out of the relationship, like with a narcissist, but you can't recover because he doesn't give you a chance. He won't leave you alone long enough. Alexandra Nouri knows that personality-disordered people, psychopaths, sociopaths, and their ilk, in fact make leaving as difficult as possible. Getting out of a relationship with a narcissist is excruciating, but staying out of one takes the resolve of an Army. A narcissist is constantly pushing and pulling, devaluing you and everything about you, sucking you back in and making you believe the two of you have a chance, and basically pushing some very tender buttons, all in a big fat confusing and chaotic mess. When a relationship is ending, feeling hurt and angry is normal, but if you feel like you're losing your mind, like your very survival is being threatened, then this book is written with you in mind. Those feelings mean he's messing with your head. And that's not cool. "Life," Aunt Alex says, "is uncertain, and mysterious. However, when it comes to life, you can count on three things. The sun will always rise in the East. If you hold up a cast iron frying pan and then let it go, it will not hover in the air and make a tweety sound. And if you go back to a guy with a personality disorder, he WILL hurt you again." Their breakups are all the same. Idealize, devalue, annihilate, string along, devalue, string along, annihilate, string along. The toad modus operandi gets very old and very boring, very fast. When he manipulates, deceives, and encroaches on your boundaries, that's not a power struggle. Or an argument. That's abuse. Aunt Alex's Army is the answer. The Army will brief you, train you, and give you your marching orders to a toad-free life. This is Aunt Alex's Army Manual, and here she musters the troops to lift up and empower the reader. You'll learn: * Who Toads Are * Who Kisses Them * Why Moving Forward Takes An Army * The Three Toad Truths * The Five Toad Motivators for Getting Into Relationships * What Toadspeak is, and Why It Drives People Crazy * What To Do About It * Your Psyche's Information Highway, and How to Pave New Roads to Health * The Five Army Maneuvers In Reality * Why It's Mandatory to Be All You Can Be There's nothing wrong with believing in epic love. There's just something wrong with expecting to get it from a

narcissist. "You lost him because you're not good enough" is the #1 most toxic, worthless lie an ex sometimes hears from the toad, from other people, and even the gremlins inside her head. These are lies a toad wants you to believe -- that the reason you two aren't together right now in utter bliss is because you're not good enough. Not attractive enough, not interesting enough, not smart, happy, compatible, sexy, open, fun enough, doesn't matter: He wants you to believe the reason you two aren't working out is because of a serious shortcoming in YOU. Usually this is very vague, with hints and shrugging dissatisfaction. And he's really hoping this vagueness takes the focus off of the real causes of all the destruction: His absence of empathy. In the book *Toads, and the Women Who Kiss Them* Aunt Alex's Army Manual, Alexandra Nouri gives legions of examples of their confusing, bizarre ways, and straightens them out for you. She supports you in your new quiet disregard for BS, and helps you rise above the chaos and neurosis of his weird behavior. She translates the Toad speak. She teaches you how to remove the shrapnel of his abuse so your broken heart can heal. A portion of the proceeds goes to the Futures Without Violence Fund. Find them at www.futureswithoutviolence.org.

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*

Do you know your purpose? Do you feel lost and like a complete failure some days? Go deep into Tyra Banks' journey to success and learn how to respect your journey to greatness. See the connected dots of your own life as you read Tyra's personal stories and the failures that have made her a successful small business owner, single mother, Christian author and woman of faith. Many of us absorbed the rules for being male or female from our families and the culture in which we grew to adulthood. We formed beliefs about a man's role and a woman's role based on what we observed and experienced; mostly, those beliefs had to do with what men and woman did rather than who they were. Our ideas about what constitutes "masculine" and "feminine", by now outdated and inadequate, have led to a precarious imbalance both in our inner lives and in our external lives of relating to men and women. The result? A gender war. In *Joining Forces*, Jeanie Miley explains that our deeply ingrained gender expectations have created an imbalance in our emotional and spiritual lives and have kept us from becoming our most authentic selves. *Joining Forces* will help readers discover the masculine and feminine

characteristics that connect, unite, and restore us—traits that men and women alike can and do express. By joining our masculine and feminine strengths, we restore our own souls, our creative energies, and our own true, essential natures. Women, you need to stop and take a good look at what is real to see your position in a relationship. Where is it going? Has marriage been discussed after one year of courting? Does integrity guide this man? Can his word be depended upon? In *WOMEN DON'T TAKE THE BLAME*, Dr. Margarita D'Andrade helps to answer these questions and more.

Act like a lady think like a man

As a writer for AskMen.com, Examiner.com, co-founder and Dating and Relationship Consultant for Suave Lover International and the Suave Lover Podcast, long term bartender and public health professional, I have direct client, personal and social experiences towards improving and solving pick up, dating and relationship situations. The young straight men I've seen and worked with, initially want two things, to meet more women and have more sex. What they don't know is that the success for those two things relies on more than specific pick up lines and rico suave moves, it involves becoming a better man. The current market for pickup and dating self-help material is overwhelming, objectifying, lacks universality and misses out on this concept. The Essentials provides quick answers for men who want to improve their success with women but with a focus on overall development. Packaged as a travel-friendly, one-stop summary of the very best advice, with sections ranging from self-improvement to creating and sustaining relationships, The Essentials is what you need to improve your current status as a Man. Problem: The current market for pickup and dating self-help material is overwhelming, objectifying, and lacks universality. Solution: The Essentials, packaged as a travel-friendly, one-stop summary of advice, avoids pick-up lines or rico suave moves, and provides expert and concise answers for men who want to improve their success with women but with a focus on overall internal development. Short and to the Point: Read this - Meet more people, Have more sex, Improve yourself

This book is the ultimate guide for women who want to live a healthier, happier and more fulfilling life. The Author provides 5 simple steps towards achieving a better sense of WELLBEING and being the best version of YOU. All too often, in our 21st century, women tend to put other people's needs above their own. As a consequence, they may find themselves either: just living for the weekend, becoming frustrated with a lack of recognition for their work or nurturing role, feeling that the dreams they once had are no longer visible let alone possible or perhaps suffering with a decrease in confidence, a lack of energy and vitality or even experiencing illness and disease. So if you want to improve your health, gain a better control over your work/life balance, feel that you are contributing to the world and leaving a positive legacy behind, banish worries or concerns over your future happiness and if you are ready to make some small changes towards an easier and more fulfilled future, then this is the book for you.

This book is for aspiring business women who want to start a business and don't know how. The book will give you a step-by-step guide how to start your business with action steps to follow. The author wants to the reader to be engaged and really focus on their dreams and goals to implement the business they have always wanted. The reader will come away empowered to take the steps to implement their business. IRS questions in regards to deductions will be answered in this book giving the readers important strategic tax moves.

Now You Too Can Use This Softback Writer's Notebook For The Office Or Home. Whether you are looking for a diary or daily planner or sketch book this versatile journal is the perfect fit for your needs. In short, this notebook can be used formally or informally to secure your thoughts or bits of information or detailed notes. The possibilities are endless Cover: Soft Cover with Matte-finish Binding: This notebook is bound securely to the same standard of mass market paperbacks. (Pages cannot be easily removed) Dimensions: 15.2cm x 22.9cm (6" x 9"). Not pocket sized, yet a perfect fit for your bag. Interior: There are 110 white blank quality smooth pages available for you to fill them with your thoughts, delights and experiences. Please note this plain journal does not contain any prompts or internal content and each page is numbered. Before purchasing, it's advised to use the look inside feature. Without a doubt, this journal makes a perfect gift for a special friend or relative. Your gifting is not limited to birthdays, holidays and special occasions But enough from us. Now it's your turn. Just scroll up, click the buy button now to grab your personal copy of this first-rate notebook today.

Ever wondered about that happy couple in the wedding photograph, their smiles forever captured in time? Bella Alex-Nosagie artfully takes you behind the closed doors of a happy marriage and reveals the unhappiness in it. This is her personal story overcoming one of the biggest tools the devil uses to destroy marriages today. A story of devastation and redemption. Redemption by the unfailing love and power of God.

LEARN NATURAL SEDUCTION TECHNIQUES based on simple psychological and social skills. This book will show you the way to a woman's heart without using fake or phony techniques? Do you believe that women are emotional creatures? If yes, then this is the most effective pocket guide you must read. It is crammed with nugget ideas of strategic wooing based on Natural Seduction Psychology. It will teach you everything you need to succeed with the women of this millennium. Learn long term strategies to get the most enchanting sensuous women to fall in love with you naturally. Minimize the chances of rejection by learning to slowly captivate any woman's mind with your natural appeal. Whether you are a shy guy or a confident man - this book will teach you how to unleash genuine psychological seduction tactics on women. This concise book is for the normal, well-adjusted males who want lasting relationship with similar females. In essence it teaches essential psychological techniques to develop effective social attraction skills.

"The Man Who Pleases and the Woman Who Charms" by John A. Cone. Published by Good Press. Good Press publishes a wide

range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

Home Building for the Wise Woman: A Blueprint for Designing a Life That Fits. Seven lessons for group or individual study. Do you feel like a failure next to your best friend who works part-time, helps out at school, and has a perfectly clean house and a husband who's always smiling; while you feel like you're drowning if you have to make cookies for the bake sale? Do you find yourself asking, "Did I choose the wrong priority? After all, aren't the kids more important than . . .?" Do you wish you could just be you? Through Home Building for the Wise Woman, you will develop a personalized blueprint that will help you: visualize your priorities, make wise decisions, defeat guilt, and build the beautiful life God created you to live—a life that fits!

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "The Easy Way to Stop Drinking." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

Dating is a Game, and those with the knowledge—win. This book levels the playing field, giving women the edge in the dating game. "How to be a Female Player" teaches women how to date strategically and effectively, just like men DO and have done for ages. It teaches women how to date smart, how to get what they want from men, and how to use what they have to turn men ON and OUT! There are women who get played and women who know how to play the game. Attracting men, holding their interest, being the kind of woman men pursue...is all a GAME...a head game any woman can learn. And that's what being a female player is--snagging 'em, grabbing 'em, and bagging 'em. You can be the girl who has her pick of the litter or the girl perpetually crying over spilled milk. You can be the girl whose dating calendar is full or the girl who is waiting for a guy to think of her and call. You can be the chick with a GAME PLAN or the chick with no GAME. No matter what age you are or how long you've been in the dating game, "How to be a Female Player" has a tip or trick YOU CAN USE TODAY to get more out of dating--certainly more than the effort you put in! "Don't hate the player, learn her GAME!"

Quit smoking is the best journal made to help smokers quit smoking and support your quitter. The Best personal Diary to keep track of your mood while in the quitting phase. and to track your withdrawal symptoms. 10 years free smoke Notebook Birthday Gift is a 120 pages Notebook featuring quote " 10 years free smoke " on a Matte-finish cover. perfect gift for parents, wife, grandparents, Mum free smoke as a great journal gift to motivate them and be proud of them. Are you looking for a gift for your parents, girlfriend or Quitter person ... ? Then you need to buy this gift for your brother, sister, Auntie and be simply proud A simple and great notebook. Ideal for taking notes, jotting lists, brainstorming, and writing in as a diary or giving as a gift. Our 10 years free

smoke journals to write in offer a wide variety of journals, so keep one by your bedside as a dream journal, one in your car to record mileage and expenses, one by your computer for login names and passwords, and one in your purse or backpack to jot down random thoughts and inspirations throughout the day. Paper journals never need to be charged and of course no batteries are required! You only need your thoughts and dreams and something to write with. Perfect for Notes and Journaling, It's a fun and mess-free way to encourage creativity for adults, men, women, boys and girls simply support your quitter It depends on your motivation and how much you really want to stop smoking. Using an journal like Quit Smoking can make your tobacco withdrawal more enjoyable Stay Patient and Trust Your Journey Quit Smoking Journal: Quit Smoking Journal Planner Book to Keep Track of your Quitting Journey, Goals and Progress. Please be sure to stop smoking and be proud of your self, feel proud for quitting smoking.

Practice your decision making skills by working on these mazes. Sure, you can decide for yourself but sometimes you get used to your daily tasks that you miss out any other details not covered by your day-to-day. Mazes challenge your routine and they make you a better problem solver. Believe in the benefits of mazes. Grab a copy today!

Relationships: you start out madly in love and somehow end up just mad, angry, lonely, discouraged, frustrated or even heartbroken. Why do relationships have to be so hard? In How to Win Her & Influence Him, Genie Goodwin unveils the most common reasons relationships can be so difficult and the miraculous strategies you can easily do that can melt the troubles away. Men and women live in two different worlds, expecting totally different things from each other. Because of that we misinterpret and misunderstand most signals. When we give each other the "wrong" things, we think we aren't loved and it causes conflict and massive pain. Transform your relationships with practical and powerful secrets of walking in love. You can create a whole new, long-lasting, passionate relationship with the one you love instead of being angry, frustrated, and lonely. Improve communication, connection and cooperation to create a legendary love affair.

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 In my five years of interviewing the twelve powerful women leaders profiled in this book, I could clearly detect the personal power each developed through the decisions and choices she made at critical times in her life. Though each

leader took a unique path, similarities between these women emerged: cultivating competency, connectivity, and strong character. Without exception, each leader placed a premium on communication and caring. All recognized the importance of building strong teams and solid relationships, making a personal commitment to the pursuit of excellence as she continually and passionately enhanced her capacity to lead effectively. None of these women felt their jobs were easy. Far from it. Some of their biggest lessons were spawned from failure, and each woman had the confidence to learn from her mistakes and move on. It seemed that all twelve of these women leaders sought deeper knowledge from the unseen spiritual realm, and this became a powerful part of how she guided the course of her life and career success. All spoke about vision and values and universal truths that guided their personal and professional lives. They learned about developing strategic partnerships, working effectively with people, balancing work and home life, handling tough decisions and recovering from bad ones—all keys to maintaining a sense of inner calm in the eye of any storm they faced. My hope is that you learn what you need from our unstoppable twelve leaders. I hope their stories will provide you with insight and inspiration to move forward toward your passion, whether you serve in a business or nonprofit environment, as a volunteer leader in your community, or in your home. May the words of wisdom in these personal accounts provide a shortcut to learning that will propel you toward new levels of responsibility and far greater contributions than you might ever have imagined. For more information or to contact me about speaking visit: www.maryjanemapes.com

NEW YORK TIMES BESTSELLER • The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. “You don’t know how much you need this book, or maybe you do. Either way, it will save your life.”—Melissa Hartwig Urban, Whole30 co-founder and CEO We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol’s ubiquity—in fact, the only thing ever questioned is why someone doesn’t drink. It is a qualifier for belonging and if you don’t imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What’s more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don’t need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way

out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

Body Image Lies Women Believe * Are you insecure about your looks? * Have you ever compared yourself to someone else and found yourself wanting? * Do compliments or put downs determine the image you have of your beauty? **Real Stories of Overcoming Body Image Lies Women Believe with God's Truth** Throughout this book, Christian women share their stories of how they have struggled with body image lies and a distorted view of themselves. However, each of their stories also contains hope - the hope of replacing these lies with God's truth. Our prayer for you is that you find encouragement within these pages and allow Christ to transform you with His truth. **We Are Each Created Unique** God has created each one of us with unique abilities, unique talents and a unique personality. As women we are influencers and God has given us that role and our beauty to share with others. Yet so often we settle for a counterfeit. The enemy has counterfeited our idea of beauty, convincing us to share our beauty with the world in a distorted way. Today that often means that we see our beauty as what we look like on the outside. **What Lies Have You Been Believing?** Join us for the journey of replacing body image lies with truth from God's Word.

The genuine woman is a woman whose faith is true and manifested by the way she loves God and loves and cares for others; whose beauty comes from a gentle and humble spirit; and when trials and tribulations come her way, does not ask "Why God?" but rather "What, God, are you doing in my life?" The genuine woman seeks God's wisdom rather than wisdom from the world, and is set free from the bondage of her old way of doing life to walk in the newness of life that can only be found in a life lived for Jesus. Your study in the Book of James will give you practical advice for living out your faith journey to the glory of God in the face of pressures and difficulties that often come your way. While maturing in Christ requires you to grow in the knowledge of God's word, James tells us that growing in the Lord will only come when you apply what He is saying to you through His word. The world is watching to see the substance of your faith by the way you live out your faith and walk the talk each day. James show you how to do this in a genuine way.

Never again will you look at women with that "oh shit, I've blown it" look on your face-and not know how to fix it. Designed as the go-to reference for smart and successful men at the top of their professional game, **"How to Survive Women: A**

Man's Guide "is candid, funny, and eminently useful. With just seven simple steps, the author shows real men, like you, how to put the right amount of effort into your relationship or marriage. This witty and fact-supported guide is designed for the man who wants to have a " great "relationship-not an average relationship-with his significant other and doesn't know where to start or how to maintain one. Consider this seven-step guide your toolbox filled with genius but simple tools. (Batteries not included.) How simple? Guys, you can even use your cell phone to make the woman in your life happy. Come on, how easy is that? Put the seven steps and tools into action immediately to help you-as a husband, partner, father, leader or coworker-be confident with and respected by women. So ditch the excuses and start reading NOW! 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.

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.

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 contents of this message upon prayer should be read alike by preacher and teacher, evangelist and intercessor. Its pages contain an appeal to every "worker together with Christ," and stimulate the desire for prayer in the varied relationships of Christian life. The appeal deserves a wide circulation amongst members of Prayer Circles and Prayer Unions, and, indeed, amongst all who are looking for a revival of true religion in our land, and an exodus of ambassadors for Christ to heathen and Moslem populations. -- Albert A. Head.

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.

If you are a woman who wants to learn how to do online dating the right way, then get "How To Do Online Dating For Women" written by a woman with a lot of experience meeting and dating men from online dating. If you want to learn the best way to handle dating online, look no further—this is the guide on how to get the best experience out of online dating—for women! This book offers simple answers and advice on how to succeed in a quick and easy step-by-step guide. In How To Do Online Dating For Women, you'll find amazingly helpful hints on how to: - Add the online advantage to your day-to-day regular dating life. - Get plentiful messages from the men you really want to hear from. - Save the most money by making the most of free online dating sites. - Create a profile that is genuine and still alluring. - Use your profile pictures to put your best face forward! - Sharpen your interpersonal/social skills while hunting down Mr. Right. - Make every weekend (and even weeknights!) truly memorable and fun-filled. - Inspire confidence in yourself and feel great about the adventurous woman you know you can be. - You'll be the envy of all your girlfriends with your new found dating prowess. Each chapter details the best approach to each and every aspect of the online dating scene with step-by-step instructions that are incredibly easy to put into practice! How to Date Online: For Women will revolutionize the way you date! HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

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...

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we are, without realising, not doing enough or the right things to protect our health and prosperity which is equally extremely damaging to nature, wildlife, oceans, sea-life, fresh springs, waterways and air, and us. The Book by Linde utilises new and ancient knowledge from around the world, over the millennia identifying what changes we need to make to enhance every aspect of our lives with simple solutions for almost every situation. It is your most powerful contribution to protecting, nurturing and saving our planet. In summary, 'THE BOOK' Consists of Six Chapters which incorporates a summary within each one: Lifestyle; Food & Nutrition; Medical Care; Mind; Water; and Now Live the final chapter which you can cast your eye over first as it is a synopsis of the complete works. It is highly recommend to read from cover to cover but, it is packed with valuable information to just use as a Reference Manual on a day to day basis. Teaches you how to look after your body and mind to ultimately prevent illness, but also to help regain and maintain perfect health; Provides countless number of practical, realistic & simple tips to easily adopt into your day to day lifestyle improving quality of life, saving time & money and gaining longevity; Fuses together specialised areas in health & mind, lifestyle & environment under one cover; Identifies our day to day toxic exposures that we are unaware of and provides successful resolutions; Gives you complete fundamental knowledge and awareness, to use your courage to take responsibility for your life enhancing your health, prosperity and happiness; Provides you with ancient knowledge and practices to new, from science including quantum physics, to philosophy, psychology, and important detail on nutrition, exercise, energies and medicine; Is very current, answering all the conflicting hype about diets, the next super food or the bad effects of conventional drugs or sugar that are in the media weekly, even daily; For more information please visit www.thebookbook.co.uk

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