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The Only Way to Stop Smoking Permanently Allen Carr, 1995-01-05 Author of the most successful self help 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 Avoid weight gain Quit without dependence on rules or gimmicks Enjoy the freedom and choices that non smokers have in life Quit without willpower Praise for Allen Carr s Easyway Allen Carr explodes the myth that giving up smoking is difficult The Times A different approach A stunning success The Sun The Allen Carr method is totally unique GQ Magazine His method is absolutely unique removing the dependence on cigarettes while you are actually smoking Richard Branson I found it not only easy but unbelievably enjoyable to stay stopped Sir Anthony Hopkins Allen Carr's Easy Way to Stop Smoking Allen Carr, 2011 The author offers a step by step approach to stop smoking without the use of nicotine substitutes **I Quit!** Allen Carr, 2011-06-30 READ THIS BOOK FOLLOW THE INSTRUCTIONS AND QUIT SMOKING Allen Carr s Easyway is the most successful self help stop smoking method of all time It has helped millions of smokers from all over the world quit Follow the Easyway method and you will see through the smokescreen of lies and misinformation which are at the heart of society s ideas and beliefs about smoking You will be at liberty once and for all to enjoy a nicotine free future Allen Carr has helped millions worldwide and he can do the same for you His books have sold over 15 million copies worldwide and read by an estimated 40 million people while countless more have been helped to quit through his network of clinics Allen Carr s Easyway has spread all over the world for one reason alone BECAUSE IT WORKS What people say about Allen Carr s Easyway method The Allen Carr program was nothing short of a miracle Anjelica Huston It was such a revelation that instantly I was freed from my addiction Sir Anthony Hopkins His skill is in removing the psychological dependence The Sunday Times 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 Easyweigh to Lose Weight Allen Carr,1999-12-02 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 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 stuggle 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 *Nicotine: The Drug That Never Was Volume 1: The Biggest Medical Mistake of the 20th Century* Christopher Holmes,2008 In the long running debate about whether tobacco smoking is a habit or an addiction this book is surely the last word Here the notion that it s a drug addiction is systematically torn apart and smoking is emphatically re defined as a Compulsive Habit which hypnotherapy can shut down Cravings are proven to be unrelated to nicotine and Nicotine Replacement is denounced as a bogus therapy This lively and irreverent book will be a delight to readers who have issues with the pharmaceutical industry and the medical establishment This therapist has attitude Smoking Prevention and Cessation Giuseppe La Torre,2013-07-03 Tobacco smoking is considered the big killer and one of the most avoidable risk factors for many human pathologies Reducing and controlling tobacco smoking should be a primary aim for a certain population in order to reduce harms to health caused by this important risk factor and it seems urgent to adopt intervention tools involved in responsibility fields such as health care education politics economy and media Among health professionals the prevalence of tobacco smoke is extremely high more than other professional categories and this could be partly attributed to a low weight that tobacco smoking has in the medical curriculum of future physicians that will contribute in a determinant way to healthy choices of their patients In order to realise that the medical students need to be adequately trained with the aim of acquire competences and skills that help patients to prevent tobacco smoking and to increase smoking cessation through a programme oriented to specific issue related to the potential harm of tobacco products A survey conducted by Ferry et al in the American Schools of Medicine underlined the lack of courses related to tobacco smoking Moreover a randomised trial carried out by Cummings et al the Schools of Medicine result as the ideal setting to teach smoking cessation techniques to health professionals The National Cancer Institute in 1992 recommended that primary

and secondary prevention interventions on tobacco smoking will become mandatory in the curriculum of Medical USA students. However, until now, this recommendation still is far from being fully implemented. The aim of the book is to give an overview on the epidemiology of tobacco smoking among different settings and populations but with a special focus on health professionals and medical students and to show available examples of smoking prevention and cessation training in different settings.

How to Stop Your Child Smoking Allen Carr, 1999-01-30 Are you concerned about your child smoking? By the foremost expert in the subject, *How to Stop Your Child Smoking* offers a clear practical guide to parents on how to stop their children smoking. This book gives advice on how to communicate freely and openly with your children, how to understand the stresses they are under, recognizing that smoking is not a choice but a trap, resisting the pressure of friends, partners, and advertising, being aware of the misconceptions surrounding smoking, quitting without substitutes, what people say about Allen Carr's Easyway method. The Allen Carr program was nothing short of a miracle. Anjelica Huston: "It didn't take any willpower. I don't miss it at all. I thank God every day that I am free." Ruby Wax: "I would recommend it to anybody. In fact, I've recommended it many times." Michel McIntyre: "It all made simple sense: no lectures, no scare tactics, no gimmicks." *The Guardian*: "A different approach. A stunning success." *The Sun*: "An intelligent and original method." *The Evening Standard*:

Allen Carr: The Easy Way to Quit Cannabis Allen Carr, John Dacey, 2022-01-01 Do you feel trapped by your addiction to cannabis? Is your motivation and lust for life being sapped by an obsession with your next joint? If so, then this book is for you. Allen Carr's Easyway method is a global phenomenon, a clinically proven and 100% drug-free treatment for nicotine addiction. This book applies that tried and tested method to the problem of marijuana addiction. With clear, no-nonsense guidance, this book gives you a structured, easy-to-follow method for getting free from cannabis painlessly and immediately. The ingenious thing about the Easyway method is that it doesn't rely on willpower. Instead, it works by unravelling the cognitive brainwashing behind your addiction. This means that you will not only be set free from your cannabis addiction but you will also find it easy and even enjoyable to quit. Without using willpower, aids, substitutes, or gimmicks. Without envying partners, friends, or colleagues who use cannabis. Without suffering anxiety, depression, or unpleasant withdrawal symptoms. This method is effective for anyone who consumes cannabis in any form, including joints, bongs, edibles, capsules, vape, or other methods. Simply read this book and become a happy cannabis-free person for the rest of your life. What people say about Allen Carr's Easyway method: Allen Carr's international bestseller has helped countless people quit. *Time Out New York*: "His skill is in removing the psychological dependence." *The Sunday Times*:

Allen Carr: The Easy Way to Quit Cocaine Allen Carr, John Dacey, 2022-04-01 READ TO THIS BOOK AND BECOME HAPPILY COCAINE FREE FOR THE REST OF YOUR LIFE Are you losing yourself because of your addiction to cocaine? Is it hurting your relationships, self-esteem, and sense of fulfillment? Allen Carr's Easyway method will set you free from the tyranny of cocaine and enable you to get your life back. Allen Carr's Easyway method is a global phenomenon, a clinically proven and 100% drug-free treatment for nicotine addiction which has

since been successfully applied to a variety of addictions and behavioral issues This book applies that tried and tested method to the problem of cocaine addiction giving you a structured easy to follow method for getting free from cannabis painlessly and immediately The ingenious thing about the Easyway method is that it doesn't rely on willpower Instead it works by unraveling the cognitive brainwashing behind your addiction This means that you will not only be set free from your cocaine addiction but you will also find it easy and even enjoyable to quit No willpower aids substitutes or gimmicks necessary No anxiety depression or unpleasant withdrawal symptoms Effective for anyone who consumes cocaine in any form This book is designed to help busy people who appreciate clear no nonsense guidance Simply read follow the steps and become a happy cannabis free person for the rest of your life What people say about Allen Carr's Easyway method Allen Carr's international bestseller has helped countless people quit Time Out New York His skill is in removing the psychological dependence The Sunday Times [Allen Carr's Easy Way for Women to Quit Drinking](#) Allen Carr,2018-07-31 READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE 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 to quit In the Easy Way for Women to Quit 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 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 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 *Sod Seventy!: The Guide to Living Well* Muir Gray,2024-11-07 Keep fit keep the brain going and with a spot of good fortune you can be living a fulfilling active life in your 70s 80s 90s and beyond Too many people think that ageing inevitably causes problems after seventy but a lot of these can in fact be postponed or prevented because they are not caused by ageing but by a loss of fitness preventable disease ageism and the negative beliefs and pessimistic attitudes that pervade society Shake off the stereotypes and empower yourself by adopting the simple actions described in this book Keep fit eat well keep your brain active and with a spot of good fortune you can be living a rewarding active life into your eighties nineties and beyond Live better for longer and remember seventy is the end of the beginning not the beginning of the end This edition includes new chapters on The brain and the mind including dementia prevention Managing your NHS service Taking charge of your healthcare in the digital world Fighting back after lockdown Part brain and body exercise book part manifesto for a happier healthier life this book will show you how to Sod Seventy and live life to the fullest

Allen Carr's Easy Way to Quit Vaping Allen Carr, John Dacey, 2021-05-01 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

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 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 for Women to Lose Weight* Allen Carr, 2018-07-31 READ THIS BOOK NOW 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 A unique method that does not require willpower Removes the psychological need to eat junk food Banish emotional eating Regain control of your life Make eating a pleasure

again What people say about Allen Carr s Easyway method The Allen Carr program was nothing short of a miracle Anjelica Huston I stopped smoking I read this book by Allen Carr It s called the Easy Way to Stop Smoking Everyone who reads this book stops smoking Ellen DeGeneres 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 Better Sleep* John Dicey, Allen Carr, 2022-09-15 READ THIS BOOK AND SLEEP WELL THE EASY WAY Do you find it hard to switch off at night Do you feel tired all day but when your head hits the pillow it s impossible to sleep Whether it s worrying about work doomscrolling on your phone or overcaffeinating yourself to get through the day modern lifestyle choices are robbing us from the sleep we deserve But how can we break free from the vicious cycle of fatigue and insomnia Allen Carr s Easyway method offers a unique solution This world renowned clinically proven method has helped an estimated 50 million people with their behavioural issues and addictions including smoking alcohol weight control and digital addiction In this book this tried and tested method is applied to sleeping difficulties The beauty of this method is that it DOES NOT RELY ON WILLPOWER It will not ban your phone from your bedside or take away your morning coffee but instead unravel the cognitive brainwashing that has led you to desire the very behaviours that are harming you In this way you will be released from them without feelings of sacrifice or deprivation With clear step by step advice this book will help you form healthy habits and live in tune with your natural sleep cycle so you can get back to that blissful promise of a good night s sleep Do you find that difficult to believe Read this book What people say about Allen Carr s Easyway method A different approach A stunning success The Sun An intelligent and original method Evening Standard This method is as foolproof as it gets Time Out [Sod Seventy!](#) Muir Gray, 2015-01-15 Keep fit keep the brain going and with a spot of good fortune you can be living a fulfilling active life into your nineties and beyond This book part exercise book part manifesto for a happier healthier life tells you how Many of us approach our seventies with an unhelpful stereotype lodged in our brains The stooped figures on the road sign imply that ageing inevitably causes problems but many of these can be postponed or prevented because they are caused not by ageing but by loss of fitness preventable disease and the wrong attitude Shake off the stereotypes and empower yourself Embrace seventy and make the most of it by following the simple resolutions created for you in this book packed with ideas to help you get fit and healthy in body and mind This book tells you how to live life to the fullest Keep fit keep your brain active and with a spot of good fortune you can be living a rewarding active life into your eighties nineties and beyond Part exercise book part manifesto for a happier healthier life this book will show you how From the art of body maintenance to the importance of choosing healthcare wisely this is the practical and uplifting approach to living longer and better The perfect gift for friends or relatives nearing seventy or a present to yourself

A Trilogy of Hope Celia Perryman, 2014-06-16 Following on from a childhood where I was loved at home but didnt fit in at school and never really felt like I belonged anywhere I became depressed and suicidal at age 12 and spent much of my teenage years medicated and in therapy questioning the point of my existence and wondering whether the world would be

better off without me I wrote my first book *I've Got Something to Say Alone and Screaming in the Darkness* at the age of 16 because although I didn't exactly have any answers I wanted to reach out to others so they wouldn't feel so alone I decided there and then that if I ever did find any answers then I would write more books And that is what I have done I wrote my second book *Maybe We Are All Relevant At Times I Can See the Light* at the age of 20 and the third and final part of this trilogy *And Now I Know Why A Life of Sunshine Storms and Rainbows* at the age of 32 I have decided to publish my three books together as *A Trilogy of Hope My Journey Out of the Depths of Teenage Despair* so that I can share my whole journey with you and to give you and others hope in seeing that it really is possible to go from the absolute depths of despair to leading a life in which there is love light and joy where I have found some meaning to my existence and all the pain I have been through seems worth it because it has led me to where I am today I feel honoured to be sharing my story with you and I hope that my words can be of some comfort to you and bring you hope for a happier future Things will get better You are going to be okay I am thinking of you With love Celia

[The Easy Way to Stop Drinking](#) Allen Carr, 2005 Carr offers a startling new view of why we drink and how we can escape the addiction Only when we step away from the supposed pleasures and understand how we are being duped to believe we are receiving real benefits can we begin to live our lives free from any desire or need for drinking

[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*

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