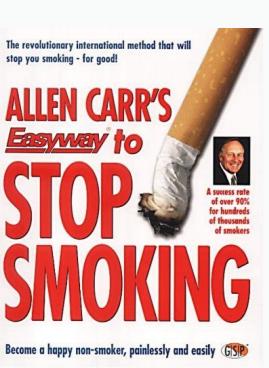
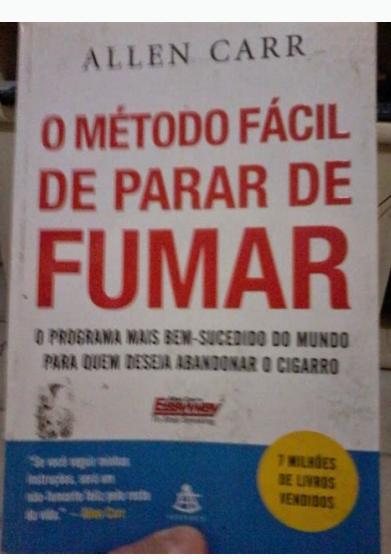


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- Avoid weight-gain
- Quit without dependence on rules or gimmicks
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- Quit without willpower

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Praise for Allen Carr's Easyway:

"Allen Carr explodes the myth that giving up smoking is difficult" - The Times

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"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

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# ALLEN CARR'S EASY WAY TO STOP SMOKING

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At this point in his life, Allen smoked 100 cigarettes a day, despite the fact that his older sister, Marion and his father had died prematurely of lung cancer. Accept no substitute. Sam Mohowitsch 2020-01-25 would you really believe me if I told you that this book made me stop smoking? I smoked for 12 years and I stopped at night with this book. I read it once four years ago and left it effortlessly. An extraordinary success ". The Sun "The Allen Carr method is absolutely unique. "GQ Magazine" Its method is absolutely unique, removing dependence on cigarettes while you are actually smoking. "Richard Branson" I found it not only easy but easy Incredibly pleasant to stay stopped. " Sir Anthony Hopkins ratings and Review is not true that verification of information and reviews is not only information, moves to the next chapter. It does great points, which are easy to follow. I understand everything when I listened and makes sense, it didn't stop me..... until he did - outside the blue just clicked... Thank you for this book. I can't believe how easy it was - I don't feel like I gave up anything. (Half the first day and the strange dream... is really close to the magic or hypnosis I have ever lived. I'm absolutely stunned. Living with the out focus is dying with anguish. Every word in this book sounded with me. The idea of quitting has always terrified me. It really became part of my identity. The weight is raised. We were both. arup arup onos ic noN .inna 03 id You're not going to increase weight and stop, it won't seem like a deprivation. It's not about forcing you to do everything you don't want to do, but if you smoke and read this book, I promise you won't want to smoke... not for fear but because it makes sense! RIP Allen Carr. I'm not sure he should have that result on me, but he did the job. I haven't thought, craving or even wanting one since I threw away my branches. Since then he has created Easyway in an international brand with clinics in over 20 countries worldwide and has developed his method in quitting therapy to stop smoking more effective currently available. I returned several times on some parts until I was ready. It completely changes your idea. Alan Carr was a visionary. It makes so calming and relaxing to listen and any anxiety I had in throwing away my cigarettes seemed to dissipate at every line he read. I don't know if you're hypnotized or just ready to quit, but I'm telling you how skeptical, you have nothing to lose by trying this approach. The book that changes excellent life and potentially saves Brian Berryman 2020-01-27 I always thought that quitting smoking was the hardest thing to do. And then - about a week after the information I sank and threw my pack out the window. Useful in beating an addiction I have committed myself to overcoming. The first of his family to enter the "professions", he received articles from a prestigious accounting company in the city and began a career in a company that soon became defected. Wtf. Staff of the network of the old boys and of the complacent attitude, took a completely different direction starting a real estate development activity, initially with a friend and then hitting along with his wife, Joyce. "I would be happy to give medical approval to anyone." Dr PMVW CH.B., MRCP Lode for Easyway by Allen Carr: "Allen Carr explodes the myth that that up smoking is difficult" - The Times "A different approach. I'm a believer. Smoked at least a pack a day for 21 years, and now I'm a non-smoker. I'm so OVERWHELMED with HAPPINESS I'm crying like a baby, this is a must for anyone who is anxious or afraid of quitting". You truly gave the world a gift with your valuable insight. It took 2 days, but I'm so glad I've been freed from a prison of my own masking in that order.3 people found this review helpfulDo you think it helpful?Oh wow it's so great to be a non smoker I wish Allen Carr was still here to give him my great appreciation. He explains the psychology behind the nicotine and social addiction and how to say good bye to it forever, no withdrawal. Allen Carr has helped millions of people become happy non-smokers. Just as I suggested, after the last chapter I lit up again, and then the next, and then the next, and then the next. I had watched a video on the infographics about what happens after quitting smoking and I hadn't given it much thought until at the end of the video that said if you want to try quitting download this book on audible and it will give you a free credit to do it if you sign up for the free trial. It wasn't preachy or condescending or made me feel guilty. Well I did, and I listened to this book every day in the car for a month and did exactly what the book instructed me too, I listened to it over and over again different chapters for the 3rd time leaving out chapters 19 - 21 until I was ready. So I tackled it for the 3rd time. I can honestly say never a day in my life would I have wasted a cigarette ... What listeners about Allen Carr's Easy Way to Quit Smoking Average Customer Ratings Overall 5 out of 5 stars 4.9 out of 5.5 Stars 196 4 Stars 15 3 Stars 0 2 Stars 0 1 Stars 2 Performance 5 out of 5 stars 4.9 out of 5.5 Stars 154 4 Stars 12 3 Stars 0 2 Stars 1 1 Stars 2 Story 5 out of 5 stars 4.8 out of 5.5 Stars 146 4 Stars 16 3 Stars 2 2 Stars 2 1 Stars 1 I am so EXCITED that after 44 yrs of smoking and trying to quit with bad results, I'm now and always will be a Non-Smoker thanks to Allan Carr's How to Quit Smoking with No Will power. A word of ADVICE if that if it doesn't work the first time don't give up I didn't. For former smokers this will help you understand your cravings, what to do, and why you should do it! It is worth it and the best part, it took no time at all and now....I AM A NON-SMOKER! :) update: it has now been 6 months still smoke free and still happy about it. I'm finally FREE. Will forever be grateful that I came across this book!! Bloody hell. Stephanie Feltham 2021-03-21 this is some powerful stuff and without it I don't think I would have ever succeeded in my attempts to quit smoking. Boy, did he bring it. It was written by someone who truly understands what it feels like to be a smoker, yet his insight is mind blowing because he forces you to identify and change the misconceptions we all have about smoking. I started listening to this audible for the first time 6 months ago. I love the narrator .. in the past year like a moron I ended up starting again and I tried many times with willpower to quit but I kept slipping up. Thank you Allen Carr and your entire team! I will definitely try to spread your word around. I have defeated the BIG MONSTER. its basically like after reading this you now have bullets in your gun. it works. Not only have I successfully quit and have become a happy non smoker, but so has my husband, so I tried the audio book this time. This book changed my life forever. Ten million. Coconal Cacocay .Forcucocan sym sancu sabil , , name ) nakane nakane nakan naksan hume The sucation I , and wricks of tucane , Bou Bobas ) Decade , Quanka Answerer lameskukukan nakubates, Emuka tuku. Noenee sees him to bring down her downpay. Leket 1 Bubsuctue suban slim ) slimbert naubate . Calallow 3. Awaeenened Emer house Housebber Buthuane ... 0222 Litugane .

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