

Stop Drinking Now The Easy Way Allen Carr's Easy Way

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traditional chinese edition of allen carr s easy way to quit smoking without willpower

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with stress and anxiety problems on the rise allen carr s famous method is sure to be a top seller in this category

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outlines the latest presentation of the easyway method for quitting smoking which focuses on eliminating the fears that keep smokers hooked and incorporates lessons learned from teachers at allen carr clinics around the world

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allen carr has helped millions of smokers from all over the world and he can do the same for you allen carr 1934 2006 was a chain smoker for over 30 years in 1983 after countless failed attempts to quit he went from 100 cigarettes a day to zero without suffering withdrawal pangs without using willpower and without gaining weight he realised that he had discovered what the world had been waiting for the easy way to stop smoking and embarked on a mission to help cure the world's smokers allen carr is now recognised as the world's leading expert on helping smokers to quit having sold over 14 million books this enhanced ebook combines an updated version of his internationally best selling easy way to stop smoking with a 75 minute audio epilogue from allen himself giving you all the expertise and support you'll need to become a happy non-smoker for the rest of your life praise for allen carr's easyway if you want to quit it's called the easyway to stop smoking i'm so glad i stopped ellen de generes allen

carr s easy way to stop smoking program achieved for me a thing that i thought was not possible to give up a thirty year smoking habit literally overnight it was nothing short of a miracle anjelica huston allen carr explodes the myth that giving up smoking is difficult the times his method is absolutely unique removing the dependence on cigarettes while you are actually smoking richard branson i found it not only easy but unbelievably enjoyable to stay stopped sir anthony hopkins

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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 overcaffinating 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

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get out of debt now applies the world famous allen carr s easyway method to the problems of over spending and debt it removes the desire to over spend so that you are able to live within your means without feeling deprived it then sets out a simple easy to follow guide on how to clear the debts you have accumulated back cover

read this book and become a happy non gambler 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 over eating and over spending here the method addresses the fastest growing social problem of modern times gambling allen 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 be free to regain control of your life and enjoy it to the full what the media say about allen carr s easyway i was exhilarated by a new sense of freedom the independent a different approach a stunning success the sun allow allen carr to help you escape painlessly today the observer

allen carr s easyway method has helped millions of people to quit smoking alcohol and other drugs as well as to stop gambling over eating and getting into debt it will help you beat your addiction to nicotine

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