

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

Stop Drinking Now Allen Carrs Easyway

*Allen Carr's
Easyway is a
global
phenomenon - a
clinically*

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Stop Drinking

Now Allen Carrs

proven and 100%

drug-free

treatment for

nicotine

addiction.

First used as

an

internationally

renowned and

incredibly

successful stop-

smoking method,

this cutting-

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*edge approach
now addresses
the fastest-
growing
nicotine
delivery system
in the world,
vaping. The
Easyway method
tackles
addiction from
an entirely
different*

File Type PDF

Stop Drinking

Now Allen Carrs

*angle. Rather
than employing*

scare-tactics

and enforcing

painful

restrictions on

your vaping

habits, it

unravels the

cognitive

brainwashing

behind your

addictive

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Easyway

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

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Now Allen Carrs
Easyway

*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*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

to nicotine. •
Does not rely
on willpower,
aids,
substitutes, or
gimmicks •
Works without
unpleasant
withdrawal
symptoms •
Clinically
proven to be AT
LEAST as

File Type PDF

Stop Drinking

Now Allen Carr's
Easyway
effective as UK
health

service's Gold
Standard Stop
Smoking

Service. What
people say
about Allen

Carr's Easyway
method: "Allen
Carr's

international b
estseller...has

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*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."*

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Now Allen Carrs

Easyway

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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Alcohol Explained is the definitive, ground-breaking guide to alcohol and alcohol addiction. It explains how alcohol affects human beings on a chemical, physiological

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Now Allen Carrs
and
Easyway

*psychological
level, from our
first drinks
right up to
chronic
alcoholism.
Despite being
entirely
scientific and
factual in
nature the book
is presented in*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*an accessible
and easily
understandable
format. For
those with an
alcohol problem
it will explain
why they have a
problem and
what they can
do about it.
For those who
are unsure*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*whether they
have a problem
or not it
provides them
with firm
guidance. For
those who have
someone close
to them who has
an alcohol
problem it will
help them to
understand what*

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Easyway

that person is going through, how they ended up where they are, and what they can do to help them.

However this is not just a book for people with links to problem drinking, it is

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Now Allen Carrs
Easyway

*compulsive
reading for
anyone who has
ever, or will
ever, drink an
alcoholic
drink. How many
people have
inadvertently
drunk too much
on occasion?
Virtually every
drinker on the*

File Type PDF

Stop Drinking

Now Allen Carrs

*planet has done
that! But how*

*many people
have actually*

*stopped to
think why?*

*There is in
fact a logical,
scientific
explanation for
this*

*phenomenon, it
is fully and*

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Easyway

simply explained in this book. Even for those who have never imbibed alcohol this book provides a fascinating insight into addiction generally and, more

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Stop Drinking
Now Allen Carrs
Easyway

*specifically,
into a
substance that
has pervaded
our society to
such a great
extent that it
is now an
integral part
of our culture.
The
revolutionary
international*

File Type PDF

Stop Drinking

Now Allen Carrs

Easyway

*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*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*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*

File Type PDF

Stop Drinking

Now Allen Carrs

Easyway

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*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*of people
become happy
non-smokers.
His unique
method removes
your
psychological
dependence on
cigarettes and
literally sets
you free.
Accept no
substitute.*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*Five million
people can't be
wrong.*

*A fresh take on
the Allen Carr
method with all-
new text.*

*Includes free
hypnotherapy
CD. Most
drinkers are
convinced that
it's almost*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*impossible to
stop drinking
and to free
themselves from
addiction; they
also feel
unable to solve
any of the
widespread
problems
drinking
causes. The
wonderful news*

File Type PDF
Stop Drinking
Now, Allen Carrs
Easyway

*is that this
book shows you
how to stop
immediately,
painlessly and
permanently.
This book
understands
drinkers and
how they think
and, without
being
judgemental or*

File Type PDF
Stop Drinking
Now Allen Carrs
patronising,
Easyway

takes them
through the
process of how
to get alcohol
out of their
lives.

Demonstrates
how drinkers
fall into the
trap of
drinking, the
psychology

File Type PDF
Stop Drinking
Now, Allen Carrs
Easyway

*behind being
addicted and
how to quit
this mug's game
once and for
all. This book
has more
compelling
evidence than
ever before
that your
addiction to
alcohol is much*

File Type PDF

Stop Drinking

Now Allen Carrs

*less physical
than it is
mental. Alcohol
is not
something your
body needs, but
something your
mind thinks it
needs. Stop
Drinking Now
explains the
mental process
of addiction*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*and how to
reverse that
process easily,
painlessly and
permanently.*

*A 30-Day,
Alcohol-Free
Challenge To
Interrupt Your
Habits and Help
You Take
Control*

Allen Carr's

File Type PDF
Stop Drinking
Now Allen Carrs
Easy Way to
Quit Vaping
The
revolutionary
Allen Carr's
Easy Way method
in pocket form
The Alcohol
Experiment:
Expanded
Edition
Love
Stop Smoking

File Type PDF
Stop Drinking
Now Allen Carrs
with Allen Carr
Easyway
A Novel

*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*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*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*

File Type PDF

Stop Drinking

Now Allen Carrs

*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*

File Type PDF

Stop Drinking

Now Allen Carr's

*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

File Type PDF

Stop Drinking

Now Allen Carrs

successful stop-smoking

method, its

principles have

since been

applied to other

addictions such

as alcohol,

gambling and

caffeine with

outstanding

results. Here, for

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*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*

File Type PDF

Stop Drinking

Now Allen Carrs

*unravelling the
brainwashing*

process behind

our addictive

behaviour, we

are freed from

dependence and

can reassert

control over our

time and

productivity.

Including 20

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*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*

File Type PDF
Stop Drinking
Now Allen Carrs
easyway.

**READ THIS
BOOK, FOLLOW
THE
INSTRUCTIONS
AND STOP
DRINKING NOW.
Allen Carr's
Easyway
method has
helped millions
of people to quit**

File Type PDF

Stop Drinking

Now Allen Carrs

*smoking, alcohol
and other drugs,
as well as to*

stop gambling,

over-eating and

getting into

debt. It will show

you the way to

escape from the

alcohol trap.

With the brilliant

illustrations of

File Type PDF

Stop Drinking

Now Allen Carrs

Easyway

*Bev Aisbett, this
handy pocket
book presented*

in a truly

refreshing,

accessible,

dynamic, funny

and enjoyable

way. What

people say

about Allen

Carr's Easyway

File Type PDF
Stop Drinking
Now Allen Carrs
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*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*Hopkins "His
skill is in
removing the
psychological
dependence."
The Sunday
Times
Presents the
Easyway
method for
quitting
smoking, based*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*on a factual
understanding
of the harm of
cigarette
addiction and
practical advice
on how to
successfully
break the habit.*

**READ THIS
BOOK NOW AND
BECOME A**

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

**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*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway
*all over the
world to quit. In
Quit Drinking
Without
Willpower, Allen
Carr's Easyway
method has
been applied to
problem
drinking. By
explaining why
you feel the*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*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 •*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

*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: "I read*

File Type PDF

Stop Drinking

Now Allen Carrs

*the book in one
day and I never
drank again."*

Nikki Glaser

*"The Allen Carr
program was
nothing short of
a miracle."*

Anjelica Huston

*"His skill is in
removing the
psychological*

File Type PDF
Stop Drinking
Now Allen Carrs
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*

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway
to Quit Drinking
Stop Smoing

Now

Free Yourself
from Digital
Addiction

Take Control of
Your Life

Allen Carr's Easy
Way to Stop
Smoking

Live a healthier,

File Type PDF
Stop Drinking
Now Allen Carrs
happier life
Easyway

Free At Last!

**Stop Drinking
Now Arcturus
Publishing**

**Allen Carr was a
chain-smoker,
who used to get
through 100
cigarettes a day
until he
discovered the**

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Now Allen Carrs

Easyway

'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

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Stop Drinking
Now Allen Carrs
**and how it
works.**
Easyway

**Begin your new
life as a non-
smoker today.
This book will
help you: Find
the right frame
of mind to quit
Avoid weight
gain Simply and
easily stop**

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

**smoking Enjoy
the freedom and
choices of all
non-smokers
From Allen Carr,
the worldwide
bestselling
author of Easy
Way to Stop
Smoking. 'I was
exhilarated by a
new sense of**

File Type PDF

Stop Drinking

Now Allen Carrs

Easyway

freedom.' Independent'

This

guy's brilliant.

And I haven't

smoked since.'

Ashton Kutcher

'Instantly I was

freed from my

addiction'.Sir

Anthony

Hopkins

Do you want to

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

**free yourself
from worry and
anxiety? Allen
Carr's Easyway
method has
brilliantly
transformed
lives all over the
world, setting
out a wonderful
practical
pathway to help**

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

**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**

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

**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**

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Stop Drinking
Now Allen Carrs
Easyway

**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**

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Stop Drinking
Now Allen Carrs
provide a
Easyway

**provide a
tangible,
practical
outcome: YOUR
HAPPINESS.**

**The Only Way to
Stop Smoking
Permanently
No More
Worrying
Easy Way to
Control Alcohol**

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Stop Drinking

Now Allen Carr's

**Quit
Drinking**

Without

Willpower

**Plus a unique 70
minute audio**

seminar

**delivered by the
author**

**The Little Book
of Quitting**

Allen Carr's

Page 63/215

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Stop Drinking
Now Allen Carrs
Easyway

**Easy Way to
Debt-Free Living
For those who
have suffered
the loss of a
loved one, here
are strength
and thoughtful
words to inspire
and comfort.
READ ALLEN
CARR'S EASY**

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

**WAY TO
CONTROL
ALCOHOL AND
BECOME A
HAPPY NON-
DRINKER FOR
THE REST OF
YOUR LIFE.
Allen Carr
established
himself as the
world's greatest**

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Stop Drinking
Now Allen Carrs
**authority on
helping people
stop smoking,
and his
internationally
best-selling
Easy Way to
Stop Smoking
has been
published in
over 40
languages and**

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Stop Drinking

Now Allen Carrs

Easyway
sold more than
10 million

copies. In this classic guide, Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple, step-by-

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Stop Drinking
Now Allen Carrs
Easyway

**step
instructions, he
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**

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

**REQUIRE
WILLPOWER •
STOP EASILY,
IMMEDIATELY
AND
PAINLESSLY •
REMOVES THE
PSYCHOLOGICAL
NEED TO DRINK
• REGAIN
CONTROL OF
YOUR LIFE What**

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

**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**

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

***freed from
addiction." Sir
Anthony
Hopkins "His
skill is in
removing the
psychological
dependence."
The Sunday
Times
Allen Carr's
Easyway is the***

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Stop Drinking
Now Allen Carrs
Easyway

***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***

File Type PDF

Stop Drinking

Now Allen Carrs

Easyway

***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***

File Type PDF

Stop Drinking

Now Allen Carrs

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

File Type PDF

Stop Drinking

Now Allen Carrs

***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***

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

**cessation
method that
really works.
With startling
insight into why
women drink
and clear,
simple, step-by-
step
instructions,
Allen Carr
shows you the**

File Type PDF
Stop Drinking
Now Allen Carrs
***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***

File Type PDF
Stop Drinking
Now Allen Carrs
permanently.
Easyway

**This book
removes the
psychological
need to drink.
Regain control
of your life.**

**--Publisher
Allen Carr's 100
cigarettes-a-day
addiction drove
him to despair,**

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Stop Drinking
Now Allen Carrs
Easyway
***but, after
countless
attempts to
quit, he
eventually
kicked the
habit. This is an
updated edition
of his
bestselling
guide to giving
up smoking.***

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Stop Drinking

Now Allen Carrs

**Alcohol
Explained**

**Allen Carr's No
More Hangovers
Take Back
Control of Your
Life**

**The Easy Way to
Stop Gambling
This Naked Mind
Your Personal
Stop Drinking**

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Stop Drinking
Now Allen Carrs
Easyway

Plan

**Allen Carr: The
Easy Way to
Quit Cocaine**

This little gem of a book reveals all the mental strategies you need for taking control, achieving inner peace and turning even the

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Now Allen Carrs
Easyway

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

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Now Allen Carrs
Easyway
its own or as a
com...

Over 80 per cent of adults in the UK use caffeine every day. But at what point, did they consciously decide to consume it daily and begin to feel uneasy if they didn't? Caffeine is

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Stop Drinking

Now Allen Carrs

a bitter addictive
drug which acts

as a natural

insecticide. It

attacks the

central nervous

system and

makes people

jittery. It fools you

into thinking you

are more alert.

Quite simply, it's

bad for you with

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

no actual
benefits. In The
Easy Way to Quit
Caffeine, Allen
Carr addresses
the difficulties
coffee-drinkers -
and fizzy drink
consumers - face
in trying to quit
caffeine. By
explaining why
you feel the need

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

for caffeine and
with simple step-
by-step
instructions to set
you free from
your addiction,
Carr shows you
how to lead a
happier,
healthier, more
chilled life.
Do you eat when
you're not

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Stop Drinking

Now Allen Carrs

Easyway

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

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Now Allen Carr's

Easyway

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

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Easyway

that is harming us, meaning that we are freed from the addiction rather than merely restricting our behaviour.

The Easyway method has now been applied to the problem of emotional eating. With Allen Carr's

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Now Allen Carrs

Easyway method,
you can 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

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Stop Drinking

Now Allen Carrs

Easyway

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

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Stop Drinking

Now Allen Carrs

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
Easyway method

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Stop Drinking
Now Allen Carrs
Easyway

has helped millions of people around the world to stop smoking and it has also been successfully applied to a wide range of other addictions, including gambling, overeating and drinking alcohol.

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Easyway

As the reader works their way through this book, they write their own story of their addiction to alcohol, analyzing their reasons for drinking and their fears about life without drinking. Guided by the interactive

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Stop Drinking
Now Allen Carrs
Easyway

format, readers
come to
recognize the
truth about their
drinking by
recording and
examining their
own beliefs,
aspirations and
insights as they
go along and are
prompted to
rewrite the story

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

of their life as a
drinker with a
positive ending.
The Illustrated
Easy Way to Stop
Smoking
Healing After Loss
The Illustrated
Guide
Stop Drinking
Now
Eat yourself free
from sugar and

File Type PDF
Stop Drinking
Now Allen Carrs
carb addiction
Easyway
Kick the
Drink...Easily!
The Easy Way to
Quit Sugar
Craig Beck was a
successful and
functioning
professional man in
spite of a 'two bottles
of wine a night'
drinking habit. For 20
years, he struggled

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Stop Drinking
Now Allen Carrs
Easyway

with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed. Discover why all 'will-power' based attempts to stop drinking will fail (exactly as they are destined to do).

Slowly Craig

Page 98/215

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Easyway

discovered the truth about alcohol addiction, and one by one, all the lies he had previously believed started to fall apart. For the first time, he noticed that he genuinely did not want to drink anymore. In this book, he will lead you through the same remarkable process.

File Type PDF
Stop Drinking
Now Allen Carr's
Easyway

No need to declare yourself an alcoholic.

A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no 'will-power' required.

Treats the source of the problem, not the symptoms.

Allen Carr's Easyway is the most successful

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Stop Drinking
Now Allen Carrs
Easyway
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,

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Stop Drinking
Now Allen Carr's
Easyway

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 smokers and

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Now Allen Carrs
Easyway

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

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Now Allen Carrs
Easyway

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

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Now Allen Carrs
Easyway

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.

THE BEST-SELLING

Page 105/215

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Now Allen Carr's

EASYWAY METHOD
APPLIED TO

COCAINE

ADDICTION Allen

Carr's Easyway

method is a global

phenomenon - a

clinically proven and

100% drug-free

treatment for nicotine

addiction. This book

applies that incredible

method to the

problem of cocaine

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addiction. It will give you advice about habitual triggers and how to understand that cocaine has no benefits for you - not even that of feeling good. Through following this method, you will not only be set free from your cocaine addiction but you will also find it easy and even

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Easyway

enjoyable to quit. •

Without using
willpower, aids,
substitutes, or
gimmicks • Without
gaining weight •

Without suffering
anxiety, depression,
or unpleasant
withdrawal symptoms

This book is designed
to help busy people,
who appreciate clear
no-nonsense

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Now Allen Carrs
Easyway

guidance. It gives you a structured, easy-to-follow method for getting free from cocaine painlessly and immediately.

What people say about Allen Carr's Easyway method:

"Allen Carr's international bestseller...has helped countless people quit." Time Out

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Now Allen Carrs
Easyway

New York "If you want to quit ... its called the Easyway ... I'm so glad I quit." Ellen DeGeneres "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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Now Allen Carrs
Easyway

"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

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Stop Drinking
Now Allen Carrs
Easyway

clear the debts you
have
accumulated"--Back
cover.

Alcohol Lied to Me:
The Intelligent Escape
from Alcohol
Addiction

The Easy Way for
Women to Lose
Weight

Set yourself free from
binge-eating and
comfort-eating

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Stop Drinking

Now Allen Carrs

Easy Way

The Radical Choice to
Not Drink in a Culture
Obsessed with
Alcohol

????????? ??? ????????

???? - ????????????

????????? ????????

Good Sugar Bad
Sugar

The Easy Way to
Mindfulness

Allen Carr

(1934–2006)

File Type PDF
Stop Drinking
Now Allen Carrs
was a chain-
Easyway
smoker for
over 30 years.
In 1983, after
countless
failed
attempts to
quit, he went
from 100
cigarettes a
day to zero
without

File Type PDF
Stop Drinking
Now Allen Carrs
suffering
Easyway
withdrawal

pangs, without
using
willpower and
without
gaining
weight. He
realised that
he had
discovered
what the world

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Now Allen Carrs
Easyway

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

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Now Allen Carrs
Easyway
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
internationall

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Stop Drinking
Now Allen Carrs
y best-selling
Easyway
Easy Way to
Stop Smoking
with a
75-minute
audio seminar
from Allen
himself,
giving you all
the expertise
and support
you'll need to

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Stop Drinking

Now Allen Carrs

become a happy
Easyway non-smoker for

the rest of
your life.

Allen's
technique has
enabled
millions of
smokers to
stop easily,
painlessly and
permanently.

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Stop Drinking
Now Allen Carrs

It works
Easyway
without the
need for
willpower,
there are no
scare tactics
and you won't
gain weight.
'His method is
absolutely
unique,
removing the

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Stop Drinking
Now Allen Carrs
Easyway

dependence on
cigarettes' -
Sir Richard
Branson.

NEW YORK TIMES
BESTSELLER •

“An
unflinching
examination of
how our
drinking
culture hurts

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Now Allen Carrs
Easyway

women and a
gorgeous
memoir of how
one woman
healed herself
.”—Glennon
Doyle, #1 New
York Times
bestselling
author of
Untamed “You
don’t know how

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Stop Drinking

Now Allen Carrs

much you need
Easyway

this book, or
maybe you do.

Either way, it
will save your
life.”—Melissa

Hartwig Urban,
Whole30 co-

founder and
CEO The

founder of the
first female-

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Stop Drinking
Now Allen Carrs
focused
Easyway
recovery

program offers
a

groundbreaking
look at

alcohol and a
radical new

path to

sobriety. We

live in a

world obsessed

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Now Allen Carrs
with drinking.

Easyway

We drink at

baby showers

and work

events, brunch

and book club,

graduations

and funerals.

Yet no one

ever questions

alcohol's

ubiquity—in

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Stop Drinking
Now Allen Carrs
Easyway

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

File Type PDF

Stop Drinking

Now Allen Carrs

Easyway
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

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

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

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

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

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

women, just as
the tobacco
industry had
successfully
done
generations
before. Fueled
by her own
emerging
feminism, she
also realized
that the

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Now Allen Carrs
Easyway

predominant
systems of
recovery are
archaic,
patriarchal,
and
ineffective
for the unique
needs of women
and other
historically
oppressed

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Easyway

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

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Now Allen Carrs
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

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Stop Drinking
Now Allen Carrs
Easyway
felt a calling
to create a
sober
community with
resources for
anyone
questioning
their
relationship
with drinking,
so that they
might find

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Now Allen Carrs
Easyway

their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge

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Easyway

and provides
the tools
necessary to
break the
cycle of
addiction,
showing us
what is
possible when
we remove
alcohol and
destroy our

File Type PDF
Stop Drinking
Now Allen Carrs
belief system
Easyway
around it.

Written in a
relatable
voice that is
honest and
witty, *Quit
Like a Woman*
is at once a
groundbreaking
look at
drinking

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway
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

File Type PDF
Stop Drinking
Now Allen Carrs
same way
Easyway
again.

This text is
bold and
controversial
and takes
issue with
many experts
in the field
and much
received
wisdom. It

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Stop Drinking
Now Allen Carrs
Easyway

dispels all
illusions
about the
benefit of
alcohol,
promises no
withdrawl
symptoms and
removes the
desire and
need for
alcohol.

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Stop Drinking
Now Allen Carrs
Allen Carr,
Easyway
international
bestselling
author of The
Easy Way to
Stop Smoking,
helps you to
take off the
pounds in
Allen Carr's
EasyWeigh to
Lose Weight.

File Type PDF
Stop Drinking
Now Allen Carrs
Lose weight
Easyway
without

diETING, calor
ie-counting or
using will-
power Allen
Carr's
revolutionary
eating plan
allows you to
enjoy food,
savour

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

flavours all
while you're
losing weight.
You can: • Eat
your favourite
foods • Follow
your natural
instincts •
Avoid guilt,
remorse and
other bad
feelings •

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Stop Drinking

Now Allen Carrs

Avoid worrying
Easyway
about

digestive

ailments or

feeling faint

- Learn to re-educate your

- taste • Let

- your appetite

- guide your

- diet Allen

- Carr, author

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Stop Drinking

Now Allen Carr's
Easyway

of the world's
bestselling
guide to
giving up
smoking, uses
his unique
approach to
help you lose
weight simply
and easily in
no time at all
- in Easyweigh

File Type PDF
Stop Drinking
Now Allen Carrs
to Lose
Easyway
Weight. 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

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

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

File Type PDF
Stop Drinking
Now Allen Carrs
no guilt...
Easyway

There's no
struggle...

There's no res
trictions...

You just know
what to do and
you know you
want to do it
and why!'

Allen Carr was
an accountant

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Now Allen Carrs
Easyway
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

File Type PDF
Stop Drinking
Now Allen Carrs
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,

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Stop Drinking
Now Allen Carrs
Easyway

global
publishing
programme and
an ever-
expanding
worldwide
network of
clinics which
help treat a
range of
issues
including

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Now Allen Carrs

smoking,

Easyway
weight,

alcohol and

"other" drug

addiction.

The Easy Way

to Quit

Caffeine

The Easy Way

for Women to

Stop Drinking

The

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Now Allen Carr's
Illustrated
Easyway
Easy Way to
Stop Drinking
Allen Carr's
Easy Way to
Control
Alcohol
Smart Phone
Dumb Phone
The Original
Easyway Method
Rediscover

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Stop Drinking
Now Allen Carrs
Easyway

Your True Self
and Enjoy
Freedom,
Health, and
Happiness

**Eat as much of
your favourite
foods as you
want, whenever
you want, as
often as you
want, and be the
exact weight you**

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Stop Drinking
Now Allen Carrs

**want to be
without dieting,
special
exercise, using
willpower or
feeling
deprived. Do you
find that
difficult to
believe? Read
this book.**

**READ THIS BOOK
NOW AND BECOME A
HAPPY NONDRINKER**

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Stop Drinking

Now Allen Carr's

**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

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Now Allen Carrs
Easyway
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

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Stop Drinking
Now Allen Carrs
Easyway
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

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Stop Drinking
Now Allen Carrs
Easyway

**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**

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Now Allen Garrs
a miracle."

Easyway
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

"I know so many

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Stop Drinking
Now Allen Carrs
Easyway
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

File Type PDF

Stop Drinking

Now Allen Carrs

**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**

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Stop Drinking
Now Allen Carrs
healthier, and
Easyway 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

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Now Allen Carrs
brainwashing
Easyway
that leads us to
desire the very
thing that is
harming us, and
it has now been
applied to other
areas. The Easy
Way to Quit
Sugar tackles
the biggest
dietary threat
to the modern
world: addiction

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Stop Drinking
Now Allen Carrs
Easyway
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

File Type PDF
Stop Drinking
Now Allen Carrs
Easyway

**health, higher
levels of
energy,
dramatically
improved body
shape and a
happier,
healthier
lifestyle.
This Naked Mind
has ignited a
movement across
the country,
helping**

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Easyway

thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health.

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Easyway

But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive

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**solution. Here,
Annie Grace
clearly presents
the
psychological
and neurological
components of
alcohol use
based on the
latest science,
and reveals the
cultural,
social, and
industry factors**

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Now Allen Carrs
Easyway

**that support
alcohol
dependence in
all of us.
Packed with
surprising
insight into the
reasons we
drink, this book
will open your
eyes to the
startling role
of alcohol in
our culture, and**

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Now Allen Carrs
Easyway

**how the stigma
of alcoholism
and recovery
keeps people
from getting the
help they need.
With Annie's own
extraordinary
and candid
personal story
at its heart,
this book is a
must-read for
anyone who**

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drinks. This
Easyway
Naked Mind will
give you freedom
from alcohol. It
removes the
psychological
dependence so
that you will
not crave
alcohol,
allowing you to
easily drink
less (or stop
drinking). With

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Now Allen Carrs
Easyway

**clarity, humor,
and a unique
blend of science
and
storytelling,
This Naked Mind
will open the
door to the life
you have been
waiting for.
“You have given
me my live
back.” –Katy F.,
Albuquerque, New**

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Now Allen Carrs
Easyway

**Mexico “This is
an inspiring and
groundbreaking
must-read. I am
forever inspired
and changed.”**

**–Kate S., Los
Angeles,**

**California “The
most selfless
and amazing book
that I have ever
read.” –Bernie**

M., Dublin,

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Now Allen Carrs
Ireland

**Quit Like a
Woman**

**The Easy Way to
Stop Smoking
Alcohol : the
Easy Solution**

**Be a Happy Non-
smoker for the
Rest of Your
Life**

**Be a happy
nondrinker**

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Now Allen Carrs

Easyway

**Control Alcohol,
Find Freedom,
Discover
Happiness &
Change Your Life**

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this

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Easyway

statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major

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argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This

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book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So

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Stop Drinking

Now Allen Carrs

Easyway
open your mind and
take a journey with

Jason to explore the

myths about the

most used and

accepted drug

addiction in the

world!

READ THIS BOOK

AND BECOME A

HAPPY

NONGAMBLER

FOR THE REST OF

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Easyway

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

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Stop Drinking
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Easyway

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

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Now Allen Carrs
Easyway

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

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Easyway

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

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Now Allen Carrs
Easyway

"His skill is in removing the psychological dependence." The Sunday Times
Now complete with daily prompts to reflect on each day of a month-long, alcohol-free plan, the author of This Naked Mind helps readers challenge their

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Now Allen Carrs
Easyway

thinking, find clarity,
and form new habits.
Changing your
habits can be hard
without the right
tools. This is
especially true for
alcohol because
habits are, by
definition,
subconscious
thought processes.
Through her

File Type PDF

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Now Allen Carrs
Easyway
methodical research
of the latest

neuroscience and
her own journey,
Annie Grace has
cracked the code on
habit change by
addressing the
specific ways habits
form. This unique
and unprecedented
method has now
helped thousands

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Now, Allen Carrs
Easyway

redefine their relationship to drinking painlessly and without misery. In The Alcohol Experiment, Annie offers a judgment-free action plan for anyone who's ever wondered what life without alcohol is like. The rules are simple: Abstain from

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Now Allen Carrs

Easyway

drinking for 30 days
and just see how you
feel. Annie arms her
readers with the
science-backed
information to
address the cultural
and emotional
conditioning we
experience around
alcohol. The result is
a mindful approach
that puts you back in

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Easyway

control and permanently stops cravings. With a chapter and journal prompt devoted to each day of the experiment, Annie presents wisdom, tested strategies, and thought-provoking information to supplement the plan

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Now Allen Carrs
Easyway

and support your
step-by-step
success as you learn
what feels good for
you. It's your body,
your mind, and your
choice.

Allen Carr's
international
bellseller, The Easy
Way to Stop
Smoking, has sold
more than six million

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Easyway

copies worldwide
and helped to turn
countless smokers
into nonsmokers.
The Little Book of
Quitting crystallizes
120 key points of the
Easyway™ method
in a concise and
readily accessible
format. Carr's
method can enable
any smoker to quit

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Now Allen Carrs
Easyway

easily, painlessly,
and permanently
without needing
willpower, suffering
withdrawal pangs,
feeling deprived, or
gaining weight. This
is the perfect pocket
refresher for those
already applying
Allen Carr's method,
and a great starting
point for all those

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Stop Drinking

Now Allen Carrs

who want to quit the
Easyway™. Allen

Carr discovered the
Easyway™ to stop
smoking in

1983—after his three-
decade-long,

100-cigarette-a-day
addiction had driven
him to despair. First

published in 1985,

The Easy Way to

Stop Smoking has

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Easyway

sold over six million
copies worldwide
and has been
translated into more
than twenty
languages. In
addition to his
books, Allen has
established the Allen
Carr clinics, now
operating in
countries around the
world.

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Now Allen Carr's
Easyway

Allen Carr's Easy
Way to Quit

Emotional Eating

Get Free from JUUL,

IQOS, Disposables,

Tanks or any other

Nicotine Product

Daily Meditations

For Working

Through Grief

Allen Carr's

Easyweigh to Lose

Weight

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Stop Drinking

Now Allen Carrs

Free your mind from
worry and anxiety

READ GOOD

SUGAR BAD

SUGAR AND BE

THE WEIGHT

YOU WANT TO

BE FOR THE

REST OF YOUR

LIFE. Good Sugar

Bad Sugar

tackles the

biggest dietary

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Now Allen Carrs
Easyway

threat to the
modern world:
The addiction to
refined sugar and
processed
carbohydrates,
which is causing
epidemics in
obesity and Type
2 diabetes on a
global scale.
Sugar and carb
consumption is

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Easyway
an addiction that
begins at birth,
but once you free
yourself with
Easyway, you'll
enjoy better
health, higher
levels of energy,
dramatically
improved body
shape, and a
happier, healthier
lifestyle. Allen

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Easyway

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

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Easyway

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

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Easyway

REQUIRE
WILLPOWER •
REMOVES
ADDICTION TO
REFINED SUGAR
AND
PROCESSED CA
RBOHYDRATES •
STOP EASILY,
IMMEDIATELY
AND
PAINLESSLY •
REGAIN

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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

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Easyway
my addiction." Sir
Anthony Hopkins

"His skill is in
removing the
psychological
dependence." The

Sunday Times

Two old friends
reconnect in

Dublin for a
dramatic,

revealing evening
of drinking and

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Easyway

storytelling in
this winning new
novel from the
author of the
Booker Prize
winning Paddy
Clarke Ha Ha Ha
One summer's
evening, two men
meet up in a
Dublin
restaurant.
Drinking pals

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Easyway

back in their
youth, now
married and with
grown up
children, their
lives have taken
seemingly similar
paths. But Joe
has a secret he
needs to tell
Davy, and Davy
has a sorrow he
wants to keep

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from Joe. Both are not the men they used to be. Joe has left his wife and family for another woman, Jessica. Davy knows her too, or should - she was the girl of their dreams four decades earlier, the girl

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Easyway

with the cello in
George's pub. As
Joe's story
unfolds across
Dublin - pint after
pint, pub after
pub - so too do
the memories of
what eventually
drove Davy from
Ireland: his first
encounter with
Faye, the lively

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Easyway

woman who
would become his
wife; his father's
somber
disapproval; the
pained spaces
left behind when
a parent dies. As
the two friends
try to reconcile
their versions of
the past over the
course of one

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Easyway
night, Love offers
a delightfully
comic yet moving
portrait of the
many forms love
can take
throughout our
lives.

READ STOP
DRINKING NOW
AND BECOME A
HAPPY
NONDRINKER

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FOR THE REST
OF YOUR LIFE.

Allen Carr's

Easyway a global

phenomenon. It

has helped

millions of

smokers from all

over the world.

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Now applies

Allen Carr's

Easyway method

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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

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METHOD THAT
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