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The illustrated easy way to stop drinking



with Bev Aisbett

Author of the global bestseller
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Easy Way To Stop Drinking Allan Carr

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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 **Allen Carr's Easy Way to Control Alcohol** Allen Carr, 2009-11-03 READ ALLEN CARR S EASY 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 authority on helping people stop smoking and his internationally best selling Easy Way to Stop Smoking has been published in over 40 languages and 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 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 REQUIRE WILLPOWER STOP EASILY IMMEDIATELY AND PAINLESSLY REMOVES THE PSYCHOLOGICAL NEED TO DRINK 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 addiction Sir Anthony Hopkins His skill is in removing the psychological dependence The Sunday Times *The Illustrated Easy Way to Stop Drinking* Allen Carr, 2014-09-01 READ THIS BOOK FOLLOW THE INSTRUCTIONS AND STOP DRINKING NOW 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 show you the way to escape from the alcohol trap With the brilliant illustrations of 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 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 **The Easy Way for Women to Stop Drinking** Allen Carr, 2016-02-12 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 **Allen Carr's Easy Way for Women to Quit Drinking** Allen Carr, 2018-07-31 READ THIS BOOK NOW

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Your Personal Stop Drinking Plan Allen Carr,2017-09 Summary of Allen Carr's The Easy Way to Control Alcohol by Milkyway Media Milkyway Media,2019-12-22 Are you still in control of your drinking Or is the alcohol controlling you In *The Easy Way to Control Alcohol* 2001 self help author Allen Carr explains his method for quitting alcohol use altogether without suffering withdrawal or subsequent cravings Purchase this in depth summary to learn more *Summary of Allen Carr's The Easy Way to Stop Drinking* Everest Media,2022-03-25T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The belief that alcoholism is a fatal illness is widely supported by the medical community and society at large However there are many doctors who do not support AA's view 2 The support and genuine benefit that AA gives to alcoholics is unlike anything else available However the cornerstone of its philosophy is the idea that alcoholism is a disease that cannot be cured 3 The cure for alcoholism is in your hands If you believe you have a drinking problem it is worth investigating a cure particularly when that cure claims to be instant easy enjoyable and permanent 4 The question you should be asking is Why do people fly from all over the world to consult this insignificant lone individual who has no medical training The answer is simple Because he is widely regarded as the world's leading expert on the subject

Easy Way to Control Alcohol Allen Carr,2009 Step by step with devastating clarity and simplicity he dispels all the illusions that surround the subject of drink and can make it seem impossible to imagine a life without alcohol He shows us that once we step away from all the imagined pleasures of alcohol and understand how we are duped into believing that we

receive real benefits from it we can lead our lives free from any desire or need for drink *Allen Carr: The Easy Way to Quit Cannabis* Allen Carr, John Dicey, 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 bong s 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 Dicey, 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 to Control Alcohol Allen Carr, 2006-06-13 *The Easy Way to Control Alcohol* Allen Carr, 2009 **The Easy Way to Quit Caffeine** Allen Carr, 2016-09-15 In a fast paced world many people turn to caffeine to stay energised Over 80 per cent of adults in the UK use caffeine every day but when does this habit become a reliance

Caffeine is a bitter addictive drug which attacks the central nervous system and makes you jittery Fooling you into thinking you are more alert caffeine will often disrupt your sleep and actually increase overall fatigue Quite simply it s bad for you with no real benefits In this concise pocket book Allen Carr addresses the difficulties that coffee drinkers and fizzy drink consumers face in trying to quit caffeine By explaining what caffeine does to your body and providing simple step by step instructions to free you from your addiction Carr shows you how to lead a happier healthier and more chilled life *No More Gambling* Allen Carr,2014-05-08 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

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