

the easy way to quit smoking book

The Easy Way to Quit Smoking Book: Your Ultimate Guide to Breaking Free from Cigarettes

Quitting smoking is one of the most challenging yet rewarding decisions you can make for your health. Many smokers struggle with the physical addiction and psychological habits associated with cigarettes, often feeling overwhelmed by the process. Fortunately, there are proven resources to help facilitate this journey, and one of the most renowned is The Easy Way to Quit Smoking by Allen Carr. This book has transformed the lives of millions worldwide, offering an effective, straightforward approach to ending nicotine dependence. In this comprehensive guide, we will explore what makes The Easy Way to Quit Smoking so impactful, how it works, and how you can leverage its principles to finally break free from cigarettes.

What Is The Easy Way to Quit Smoking?

Overview of the Book

The Easy Way to Quit Smoking is a self-help book authored by Allen Carr, first published in 1985. It is designed to help smokers understand their addiction, change their mindset, and eliminate the desire to smoke without feeling deprived or anxious. Unlike traditional methods that focus on willpower or temporary substitutes, Carr's approach aims to address the psychological roots of smoking addiction.

Why Is It Considered Effective?

The book's effectiveness lies in its ability to:

- Change perceptions about smoking
- Remove the fear associated with quitting
- Provide a new mindset that naturally leads to cessation
- Minimize withdrawal symptoms by altering the smoker's beliefs about nicotine

Many readers report quitting successfully after just one reading, often without experiencing the cravings and discomfort typically associated with quitting smoking.

How Does The Easy Way to Quit Smoking Work?

Core Principles of the Method

Allen Carr's method is based on several key principles:

- Understanding the addiction: Recognizing that smoking is primarily a psychological addiction, not just physical.
- Breaking the myths: Dispel common misconceptions, such as the belief that smoking relieves stress or provides enjoyment.
- Changing your mindset: Viewing cigarettes not as a source of pleasure but as a trap.
- Eliminating fear: Conquering the fear of quitting, which is often the biggest barrier.
- Removing cravings: Realizing that cravings are temporary and will pass once psychological dependence is addressed.

The Psychological Approach

Carr's technique emphasizes the importance of mental shifts over physical dependence. He encourages readers to see cigarettes as a trap created by the tobacco industry and their own habits, which they can escape by changing their perception.

The Step-by-Step Process

While reading the book, smokers are guided through a series of mental reframes and realizations that gradually diminish their desire to smoke. The process involves:

1. Recognizing the illusions of smoking
2. Understanding the true nature of nicotine addiction
3. Confronting and dispelling the fears associated with quitting
4. Replacing the desire for cigarettes with a new sense of freedom

Benefits of Using The Easy Way to Quit Smoking

1. No Need for Willpower

Unlike other methods that rely heavily on willpower, Carr's approach makes quitting feel natural and effortless. The mental shifts help reduce cravings without willpower fatigue.

2. No Withdrawal Symptoms

Many readers report that they experience minimal or no withdrawal symptoms because their psychological attachment to cigarettes is dismantled.

3. Long-Term Success

The mindset change promotes lasting freedom from smoking, not just temporary abstinence. Many ex-smokers find they never crave cigarettes again.

4. Suitable for All Smokers

Whether you smoke a pack a day or occasional cigarettes, this method can be adapted to your specific situation.

5. Cost-Effective and Accessible

The book is an affordable resource that can be read at your own pace, making it accessible for most people.

How to Get the Most Out of The Easy Way to Quit Smoking

1. Read the Book Carefully

Take your time to understand each chapter. Read it in a quiet environment, and reflect on the insights shared.

2. Re-read if Necessary

Many readers find that revisiting the book reinforces the mental shifts needed to quit successfully.

3. Embrace the Mindset Changes

Be open to changing your perceptions about smoking and quitting. Trust the process and avoid rationalizations that justify continued smoking.

4. Use Additional Resources

Carr also offers audio recordings and workshops that can complement the book's teachings. Engaging with these can deepen your understanding.

5. Commit to Quitting

Decide on a quit date and mentally prepare yourself. Remember that the process is about changing your mindset, so stay positive and confident.

Common Challenges and How The Easy Way Addresses Them

Overcoming the Fear of Quitting

Many smokers fear withdrawal and weight gain. Carr's method teaches that these fears are unfounded and rooted in misconceptions. By understanding the true nature of addiction, these fears diminish.

Managing Cravings

Cravings are temporary and diminish once the psychological dependence is addressed. Carr emphasizes that cravings are just a habit of mind, not a

physical necessity.

Avoiding the "Last Cigarette" Syndrome

Some smokers delay quitting, believing they need to smoke one last cigarette. Carr's approach encourages immediate cessation, viewing smoking as a trap to be escaped now.

Testimonials and Success Stories

Many individuals have credited The Easy Way to Quit Smoking with their success. Here are some common themes from their stories:

- Quitting was surprisingly easy and felt natural
- No cravings or irritability
- No weight gain or other side effects
- Long-term freedom from smoking

Their experiences highlight the book's effectiveness and the power of changing perceptions.

Where to Find The Easy Way to Quit Smoking

Purchase Options

- Print editions: Available at bookstores and online retailers like Amazon
- E-book versions: Convenient for reading on digital devices
- Audiobook: Perfect for absorbing the content during commutes or workouts

Additional Resources

- Official website with companion materials
- Workshops and seminars led by authorized trainers
- Support groups and online communities

Final Thoughts: Is The Easy Way to Quit Smoking Right for You?

If you've tried multiple times to quit smoking without success or feel overwhelmed by cravings, this book may be your solution. Its emphasis on psychological transformation makes it a unique and effective approach to breaking free from cigarettes. Remember, quitting smoking is as much a mental journey as it is a physical one, and The Easy Way to Quit Smoking provides the tools to change your mindset and reclaim your health.

Take Action Today

Don't wait for a "perfect" moment to quit. Start by obtaining your copy of *The Easy Way to Quit Smoking*, read it thoroughly, and commit to your new smoke-free life. With the right mindset and tools, you can finally say goodbye to cigarettes and enjoy a healthier, happier future.

Meta Description: Discover the easy way to quit smoking with Allen Carr's proven method. Learn how this transformative book can help you break free from cigarettes effortlessly and permanently.

Frequently Asked Questions

What is the main focus of 'The Easy Way to Quit Smoking' book?

The book focuses on changing your mindset towards smoking, eliminating cravings, and making quitting a natural and easy process without using willpower or gimmicks.

Can 'The Easy Way to Quit Smoking' help if I've tried to quit multiple times before?

Yes, the book is designed to address the psychological aspects of addiction, helping you overcome previous failed attempts and providing a new approach that increases your chances of success.

Is the method in the book suitable for all types of smokers?

Absolutely, the techniques are applicable to all smokers regardless of their smoking habits, age, or level of nicotine dependence.

Do I need any special tools or supplements to follow the method in the book?

No, the book emphasizes a psychological approach that requires no supplements, patches, or medications—just a willingness to change your mindset.

How quickly can I expect to see results after

reading 'The Easy Way to Quit Smoking'?

Many readers find that they can stop smoking immediately after understanding and applying the principles in the book, with some experiencing relief from cravings within days.

Is 'The Easy Way to Quit Smoking' backed by scientific research?

Yes, the method is based on psychological principles and has been supported by numerous success stories, though individual results may vary.

Additional Resources

The Easy Way to Quit Smoking Book: An In-Depth Review of Allen Carr's Revolutionary Approach

Introduction

Smoking remains one of the most pervasive health hazards worldwide, contributing to millions of deaths annually due to lung disease, cardiovascular problems, and various forms of cancer. Despite widespread awareness of its dangers, many smokers find it challenging to quit, often battling nicotine addiction for years. Over the years, numerous cessation methods and programs have emerged, yet few have achieved the widespread acclaim and proven success rates of Allen Carr's The Easy Way to Quit Smoking Book.

First published in 1985 by British author Allen Carr, the book has become a cornerstone in the realm of smoking cessation literature. Its straightforward, psychologically informed approach has garnered millions of readers globally and has been credited with helping countless smokers break free from their nicotine dependency. This article aims to explore the core principles, methodology, strengths, limitations, and overall effectiveness of the easy way to quit smoking book, providing a comprehensive review for potential readers and health professionals alike.

The Genesis of the Method

Who Is Allen Carr?

Allen Carr was a British accountant turned author and smoking cessation advocate. After decades of smoking, Carr struggled with multiple failed attempts to quit. Frustrated and disillusioned by traditional methods, he developed his own approach rooted in psychological understanding rather than

solely relying on willpower or medical interventions. Carr's method emphasizes changing perceptions and beliefs about smoking, making the process of quitting less daunting and more empowering.

The Philosophy Behind "The Easy Way"

At its core, Carr's philosophy challenges the conventional view of smoking as an addiction that must be fought or forcibly suppressed. Instead, he posits that most smokers are trapped in a cycle of fear—fear of withdrawal symptoms, the inability to enjoy life without cigarettes, and the misconception that smoking provides relief or pleasure. By addressing and dismantling these beliefs, Carr claims that quitting becomes not only possible but also an easy and liberating experience.

Core Principles of the Easy Way to Quit Smoking

1. Recognizing the Psychological Addiction

Carr emphasizes that nicotine addiction is primarily psychological rather than physical. While nicotine withdrawal can cause discomfort, the real struggle lies in the mental attachment to cigarettes—beliefs about stress relief, social acceptance, or pleasure.

2. Eliminating the Fear of Quitting

A significant barrier to quitting is the fear of life without cigarettes. Carr advocates confronting and dispelling this fear, demonstrating that cigarettes are not a source of comfort but rather a trap that maintains dependency.

3. Reframing the Perception of Smoking

The book guides readers to see smoking not as an enjoyable activity but as a harmful habit that offers false pleasure. By changing this perception, the desire to smoke diminishes.

4. The 'No Willpower' Approach

Unlike many methods that rely on sheer willpower or substitution (such as nicotine patches), Carr's approach minimizes reliance on effort. He promotes a mental shift that renders the craving for cigarettes irrelevant.

The Methodology: How Does the Book Work?

Step-by-Step Process

The book takes readers through a psychological journey designed to alter

their attitudes toward smoking:

- Understanding the Illusion: Recognizing that the perceived benefits of smoking are illusions created by addiction.
- Breaking the Psychological Chains: Confronting fears about quitting and challenging the narratives that keep smokers dependent.
- Changing Perspectives: Replacing beliefs that cigarettes provide stress relief or social comfort with new, healthier views.
- Decisive Commitment: Encouraging readers to make a firm decision to quit, emphasizing that the moment of quitting is the beginning of freedom.

Key Techniques

- Cognitive Restructuring: Reprogramming the mind to see smoking as a harmful trap rather than a friend.
- Positive Reinforcement: Highlighting the benefits of quitting—improved health, financial savings, increased confidence.
- Avoiding Relapse Triggers: Identifying and managing situations that typically prompt relapse.

The One-Session Philosophy

Many readers report that following Carr's instructions, they can quit in a single session or within a very short period. The book is designed to be read in one or two sittings, with the idea that once the mental barriers are lifted, the physical act of quitting becomes straightforward.

Why Is It Considered 'Easy'?

The Psychological Ease

Carr's approach reduces anxiety by addressing the root psychological causes of dependence rather than merely managing symptoms. As a result, many find the process surprisingly smooth and free of the guilt and frustration often associated with quitting.

The Absence of Willpower Dependency

Traditional methods like cold turkey or nicotine replacement therapy often depend heavily on willpower or medication. In contrast, Carr's method aims to eliminate the need for sustained effort, making quitting feel less like a battle and more like a realization.

The Long-Term Success

Many testimonials boast that once a reader internalizes Carr's perspective, they remain smoke-free for life, with some citing immediate cessation after finishing the book.

Strengths of the Easy Way to Quit Smoking Book

Evidence of Effectiveness

Numerous anecdotal reports and some studies suggest that Carr's method has a high success rate relative to other approaches. Its emphasis on psychological change rather than pharmacological intervention appeals to many.

Accessibility and Cost-Effectiveness

The book is affordable and widely available in print, e-book, and audiobook formats, making it accessible to a broad audience.

No Side Effects or Medical Risks

Unlike pharmacological aids, Carr's approach is entirely mental, posing no health risks or side effects.

Empowering and Motivational

Readers often report feeling more empowered and in control after completing the book, with many describing a sense of liberation upon quitting.

Limitations and Criticisms

Not a One-Size-Fits-All Solution

While many find the method effective, some smokers with deep psychological dependencies or co-occurring mental health issues may require additional support.

Over-Reliance on Self-Discipline

Although Carr claims the method reduces reliance on willpower, some readers may still struggle with ingrained habits or social triggers.

Lack of Formal Scientific Validation

While anecdotal success stories abound, there is limited rigorous scientific research specifically validating the efficacy of Carr's psychological method versus other cessation techniques.

Potential for Misinterpretation

Some readers may misinterpret the approach as dismissing the physical withdrawal symptoms, which can still be challenging for certain individuals.

Practical Tips for Maximizing Success

- Read the Book Carefully: Engage fully with the material, taking time to reflect on each chapter.
- Adopt the Mental Shift: Focus on changing perceptions rather than relying solely on willpower.
- Prepare Your Environment: Remove cigarettes, lighters, and ashtrays to avoid triggers.
- Seek Support if Needed: While the book promotes independence, some may benefit from additional counseling or support groups.
- Stay Committed: Make a firm decision to quit and reinforce your resolve throughout the process.

Conclusion: Is the Easy Way to Quit Smoking Book Worth It?

The easy way to quit smoking book by Allen Carr presents a compelling, psychologically grounded alternative to traditional cessation methods. Its emphasis on changing perceptions and eliminating fear makes quitting seem less daunting and more achievable. For many smokers, especially those who have failed multiple times with other methods, Carr's approach offers hope and a practical path to freedom from nicotine dependence.

However, it is essential to recognize that individual experiences vary. While the book has helped millions, some may require additional support or medical intervention. Overall, Carr's method stands out as a promising, accessible, and empowering tool in the fight against smoking. Its focus on mental clarity and emotional liberation makes it a valuable resource for anyone determined to quit, reaffirming that sometimes, the easiest way is simply a matter of changing the way we see ourselves and our habits.

Final Thoughts

If you're contemplating quitting smoking and are tired of failed attempts, the easy way to quit smoking book could be a game-changer. With its straightforward philosophy and practical guidance, it offers a refreshing perspective that may turn your journey into a successful, lifelong smoke-free life. Remember, the key lies in your mindset—once you believe that quitting is easy, the act becomes just that: easy.

[The Easy Way To Quit Smoking Book](#)

the easy way to quit smoking book: [The Easy Way to Stop Smoking](#) Allen Carr, 2004 The

author offers a step-by-step approach to stop smoking without the use of nicotine substitutes.

the easy way to quit smoking book: 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

the easy way to quit smoking book: Allen Carr's Easy Way to Quit Smoking Without Willpower - Includes Quit Vaping Allen Carr, John Dicey, 2018-07-31 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE. This book is the most up-to-date, cutting-edge, best-practice version of Allen Carr's Easyway to Stop Smoking method that will not only set you free from smoking, but will also insure that you find it easy and even enjoyable to quit. Whether you smoke cigarettes, vape or use any other nicotine product, this method will work perfectly for you. • 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 smokers, who appreciate clear no-nonsense guidance. Allen Carr's Easy Way to Quit Smoking Without Willpower gives you a structured, easy-to-follow method for quitting quickly, painlessly, and immediately. 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

the easy way to quit smoking book: 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

the easy way to quit smoking book: Stop Smoking with Allen Carr Allen Carr, 2013-06-17 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

the easy way to quit smoking book: *Your Personal Stop Smoking Plan* Allen Carr, 2015-04-28 Allen Carr's Easyway method has helped millions of people to stop smoking. This is the first ever interactive Allen Carr book. By regularly interacting with the text in an easy yet dynamic and measurable way you begin to write the story of how you came to smoke. By understanding why you continue to smoke in spite of the obvious disadvantages, you are able to follow the simple step-by-step instructions that set you free. No pain. No drama. 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 to quit smoking book: *The Little Book of Quitting* Allen Carr, 2005-12-20 Allen Carr's international bellseller, The Easy Way to Stop Smoking, has sold more than six million 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 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 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 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.

the easy way to quit smoking book: *The Little Book of Quitting Smoking* Allen Carr, 2019-03 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 easily and painlessly 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 who want to quit the Easyway. --Publisher

the easy way to quit smoking book: *The Illustrated Easy Way for Women to Stop Smoking* Allen Carr, 2007-05-15 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE! The Easyway method is as successful for women as it is for men, but many of the issues are perceived differently by women - as their questions in Easyway sessions reveal - and particular difficulties face women who want to quit the habit. In The Illustrated Easy Way to Women to Stop Smoking, Allen Carr debunks the myths about smoking and shows you the way to beat your addiction. This book can enable any woman to escape the nicotine trap easily and painlessly without putting on weight. With the brilliant writing skills and illustrations of Bev Aisbett, this handy pocket book is presented here in a truly refreshing, accessible, dynamic and enjoyable way. Allen Carr has helped cure millions of smokers 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. This phenomenal success has been achieved not through advertising or marketing but through the personal recommendations of the ex-smokers who've quit with the method. Allen Carr's Easyway has spread all over the world for one reason alone: BECAUSE IT WORKS. What women say about Allen Carr's Easyway method: 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 It's the only method that works. Thank you! Ruby Wax

the easy way to quit smoking book: *Easyway Express: Stop Smoking and Quit E-Cigarettes* Allen Carr, 2014-12-19 READ THIS BOOK, FOLLOW THE INSTRUCTIONS AND ENJOY A NICOTINE-FREE FUTURE. Allen Carr's Easyway method is the most effective self-help stop-smoking method of all time, and this book is a super-fast, yet comprehensive, version of the method. Even better, this book is designed to set you free from any form of nicotine addiction - whether that be cigarettes, e-cigarettes or any other nicotine product. 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

the easy way to quit smoking book: *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

the easy way to quit smoking book: *Allen Carr's Easy Way to Stop Smoking* Allen Carr, 2020-06-01 An easy way to quit smoking? Allen Carr's Easy Way to Stop Smoking is a self-help classic, with over 15m copies sold worldwide. It has been a #1 bestseller in nine European countries. It outsells all other quit smoking titles combined. This edition has been developed specifically for smokers in the Canada. This seminal book has enabled millions of smokers to quit easily and enjoyably using Carr's simple, drug-free approach. • No weight gain, no willpower, no withdrawal • Removes the psychological need to smoke as you smoke • No fear of living life without your little friend • Feel great from the minute you put out your final cigarette Praise for the Carr Method: To say it was miraculous would not be hyperbole. Hamilton Spectator Being a smoker is like being trapped in a complicated maze. It's as if Allen Carr has a plan of that maze. Sir Anthony Hopkins I can't imagine ever lighting up again. I have no desire to. I can honestly say I think I'm done for good now. National Post It worked for me and about twenty of my friends. Seriously! Jason Mraz All eight of my friends who resolved to quit smoking last year did so successfully by reading this book. Now Newspaper

the easy way to quit smoking book: *Stop Smoking Now Without Gaining Weight* Allen Carr, 2009 Smoking.

the easy way to quit smoking book: *Finally Free!* Allen Carr, 2012-11-10 Allen Carr's Easyway is a global phenomenon. It has helped millions of smokers from all over the world. Finally Free! is a specially adapted, cutting-edge presentation of Allen Carr's Easyway method with new text and design. Here, every aspect of smoking is examined from a female perspective, and answers are provided to every question and concern. Allen Carr's Easyway works both for casual and heavy smokers, and regardless of how long you have been smoking. There are no gimmicks or scare tactics, you won't put on weight, and you can even smoke while you read. What people say about Allen Carr's Easyway: 'I stopped smoking... I read this book by Allen Carr. Everyone who reads this

book stops smoking!' Ellen DeGeneres 'For the first time in my adult life I am free!' Woman's Journal
the easy way to quit smoking book: 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.

the easy way to quit smoking book: Allen Carr's Easy Way to Quit Vaping Allen Carr, John Dicey, 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

the easy way to quit smoking book: *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 to quit smoking book: *Packing it in the Easy Way* Allen Carr, 2005-01-06 'I'm going to cure the world of smoking' Until he discovered the Easyway, this statement by Allen Carr - made more than twenty years ago - was not just laughable but totally unthinkable because Carr couldn't even cure himself of the wretched weed. But, after years of trying and failing to stop his one-hundred-a-day habit through every technique around, Allen Carr not only quit for good but created the Easyway to stop smoking. He followed this by writing the bestselling book on quitting as well as setting up a successful chain of clinics to help others in their goal to be free of tobacco. His story, from slave to a habit that was destroying his life to latter-day lifestyle guru, makes for both inspirational and utterly compelling reading.

the easy way to quit smoking book: *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 easy way to quit smoking book: Allen Carr: the Easy Way to Quit Cannabis Allen Carr, John Dacey, 2022-04-15 The World Health Organisation have endorsed Allen Carr's Easyway and have partnered with them on their 2021 Commit to Quit Campaign. Over 18 million Easy Way titles have been sold worldwide.

Related to the easy way to quit smoking book

18 Easy Tomato Salad Recipes & Ideas | Food Network Fresh tomatoes are equally sweet and acidic, so they're all you need to create a balanced and flavorful bite. These tomato salad recipes from Food Network make it easy

44 Easy Rice Recipes & Ideas | What to Make with Rice | Food By adding just a few other ingredients, you can turn this versatile grain into a savory side dish, a satisfying main or even dessert! These rice recipes from Food Network make it easy

50 Easy Dinner Recipes & Ideas | Food Network From kid-friendly pastas to classic roast chicken, these no-fuss recipes will put a crowd-pleasing dinner on the table in less than an hour

100 Easy Slow Cooker Recipes To Make in Your Crock Pot® | Slow With these slow-cooker recipes from Food Network you can make everything from stews and roasts to bread and desserts with ease

The Easiest Apple Pie Recipe | Food Network Get Easy as Apple Pie Recipe from Food Network

17 Ground Pork Recipes That Are Tasty and Easy to Make Explore the ways that this juicy, delicious and affordable protein can be turned into all kinds of dishes

25 Easy Pumpkin Dessert Recipes for Fall | Food Network From cakes and pies to puddings and cheesecakes, pumpkin is the luscious mainstay in all these sweet treats

70 Easy Chicken Recipes for Family Dinners | Food Network Try these easy chicken recipes from Food Network—perfect for beginners and full of flavor. These chicken dinner ideas come together with zero stress

Easy Slow-Cooker Recipes From The Pioneer Woman Take it easy this weekend and let the slow cooker do the work. From the breakfast table to the barbecue, Ree Drummond's got you covered with recipes for chili, pulled pork, soup and even

Dinner Recipes | Food Network Make dinner memorable with Food Network's easy, family-friendly recipes. From cozy classics to weeknight meals, find something for everyone

18 Easy Tomato Salad Recipes & Ideas | Food Network Fresh tomatoes are equally sweet and acidic, so they're all you need to create a balanced and flavorful bite. These tomato salad recipes from Food Network make it easy

44 Easy Rice Recipes & Ideas | What to Make with Rice | Food By adding just a few other ingredients, you can turn this versatile grain into a savory side dish, a satisfying main or even dessert! These rice recipes from Food Network make it easy

50 Easy Dinner Recipes & Ideas | Food Network From kid-friendly pastas to classic roast chicken, these no-fuss recipes will put a crowd-pleasing dinner on the table in less than an hour

100 Easy Slow Cooker Recipes To Make in Your Crock Pot® | Slow With these slow-cooker recipes from Food Network you can make everything from stews and roasts to bread and desserts with ease

The Easiest Apple Pie Recipe | Food Network Get Easy as Apple Pie Recipe from Food Network

17 Ground Pork Recipes That Are Tasty and Easy to Make Explore the ways that this juicy, delicious and affordable protein can be turned into all kinds of dishes

25 Easy Pumpkin Dessert Recipes for Fall | Food Network From cakes and pies to puddings and cheesecakes, pumpkin is the luscious mainstay in all these sweet treats

70 Easy Chicken Recipes for Family Dinners | Food Network Try these easy chicken recipes from Food Network—perfect for beginners and full of flavor. These chicken dinner ideas come together with zero stress

Easy Slow-Cooker Recipes From The Pioneer Woman Take it easy this weekend and let the slow cooker do the work. From the breakfast table to the barbecue, Ree Drummond's got you covered with recipes for chili, pulled pork, soup and even

Dinner Recipes | Food Network Make dinner memorable with Food Network's easy, family-friendly recipes. From cozy classics to weeknight meals, find something for everyone

18 Easy Tomato Salad Recipes & Ideas | Food Network Fresh tomatoes are equally sweet and acidic, so they're all you need to create a balanced and flavorful bite. These tomato salad recipes from Food Network make it easy

44 Easy Rice Recipes & Ideas | What to Make with Rice | Food By adding just a few other ingredients, you can turn this versatile grain into a savory side dish, a satisfying main or even dessert! These rice recipes from Food Network make it easy

50 Easy Dinner Recipes & Ideas | Food Network From kid-friendly pastas to classic roast chicken, these no-fuss recipes will put a crowd-pleasing dinner on the table in less than an hour

100 Easy Slow Cooker Recipes To Make in Your Crock Pot® | Slow With these slow-cooker recipes from Food Network you can make everything from stews and roasts to bread and desserts with ease

The Easiest Apple Pie Recipe | Food Network Get Easy as Apple Pie Recipe from Food Network

17 Ground Pork Recipes That Are Tasty and Easy to Make Explore the ways that this juicy, delicious and affordable protein can be turned into all kinds of dishes

25 Easy Pumpkin Dessert Recipes for Fall | Food Network From cakes and pies to puddings and cheesecakes, pumpkin is the luscious mainstay in all these sweet treats

70 Easy Chicken Recipes for Family Dinners | Food Network Try these easy chicken recipes from Food Network—perfect for beginners and full of flavor. These chicken dinner ideas come together with zero stress

Easy Slow-Cooker Recipes From The Pioneer Woman Take it easy this weekend and let the slow cooker do the work. From the breakfast table to the barbecue, Ree Drummond's got you covered with recipes for chili, pulled pork, soup and even

Dinner Recipes | Food Network Make dinner memorable with Food Network's easy, family-friendly recipes. From cozy classics to weeknight meals, find something for everyone

18 Easy Tomato Salad Recipes & Ideas | Food Network Fresh tomatoes are equally sweet and acidic, so they're all you need to create a balanced and flavorful bite. These tomato salad recipes from Food Network make it easy

44 Easy Rice Recipes & Ideas | What to Make with Rice | Food By adding just a few other ingredients, you can turn this versatile grain into a savory side dish, a satisfying main or even dessert! These rice recipes from Food Network make it easy

50 Easy Dinner Recipes & Ideas | Food Network From kid-friendly pastas to classic roast chicken, these no-fuss recipes will put a crowd-pleasing dinner on the table in less than an hour

100 Easy Slow Cooker Recipes To Make in Your Crock Pot® | Slow With these slow-cooker recipes from Food Network you can make everything from stews and roasts to bread and desserts with ease

The Easiest Apple Pie Recipe | Food Network Get Easy as Apple Pie Recipe from Food Network

17 Ground Pork Recipes That Are Tasty and Easy to Make Explore the ways that this juicy, delicious and affordable protein can be turned into all kinds of dishes

25 Easy Pumpkin Dessert Recipes for Fall | Food Network From cakes and pies to puddings and cheesecakes, pumpkin is the luscious mainstay in all these sweet treats

70 Easy Chicken Recipes for Family Dinners | Food Network Try these easy chicken recipes from Food Network—perfect for beginners and full of flavor. These chicken dinner ideas come together with zero stress

Easy Slow-Cooker Recipes From The Pioneer Woman Take it easy this weekend and let the slow cooker do the work. From the breakfast table to the barbecue, Ree Drummond's got you covered with recipes for chili, pulled pork, soup and even

Dinner Recipes | Food Network Make dinner memorable with Food Network's easy, family-friendly recipes. From cozy classics to weeknight meals, find something for everyone

18 Easy Tomato Salad Recipes & Ideas | Food Network Fresh tomatoes are equally sweet and acidic, so they're all you need to create a balanced and flavorful bite. These tomato salad recipes from Food Network make it easy

44 Easy Rice Recipes & Ideas | What to Make with Rice | Food By adding just a few other ingredients, you can turn this versatile grain into a savory side dish, a satisfying main or even dessert! These rice recipes from Food Network make it easy

50 Easy Dinner Recipes & Ideas | Food Network From kid-friendly pastas to classic roast chicken, these no-fuss recipes will put a crowd-pleasing dinner on the table in less than an hour

100 Easy Slow Cooker Recipes To Make in Your Crock Pot® | Slow With these slow-cooker recipes from Food Network you can make everything from stews and roasts to bread and desserts with ease

The Easiest Apple Pie Recipe | Food Network Get Easy as Apple Pie Recipe from Food Network

17 Ground Pork Recipes That Are Tasty and Easy to Make Explore the ways that this juicy, delicious and affordable protein can be turned into all kinds of dishes

25 Easy Pumpkin Dessert Recipes for Fall | Food Network From cakes and pies to puddings and cheesecakes, pumpkin is the luscious mainstay in all these sweet treats

70 Easy Chicken Recipes for Family Dinners | Food Network Try these easy chicken recipes from Food Network—perfect for beginners and full of flavor. These chicken dinner ideas come together with zero stress

Easy Slow-Cooker Recipes From The Pioneer Woman Take it easy this weekend and let the slow cooker do the work. From the breakfast table to the barbecue, Ree Drummond's got you covered with recipes for chili, pulled pork, soup and even

Dinner Recipes | Food Network Make dinner memorable with Food Network's easy, family-friendly recipes. From cozy classics to weeknight meals, find something for everyone

18 Easy Tomato Salad Recipes & Ideas | Food Network Fresh tomatoes are equally sweet and acidic, so they're all you need to create a balanced and flavorful bite. These tomato salad recipes from Food Network make it easy

44 Easy Rice Recipes & Ideas | What to Make with Rice | Food By adding just a few other ingredients, you can turn this versatile grain into a savory side dish, a satisfying main or even dessert! These rice recipes from Food Network make it easy

50 Easy Dinner Recipes & Ideas | Food Network From kid-friendly pastas to classic roast chicken, these no-fuss recipes will put a crowd-pleasing dinner on the table in less than an hour

100 Easy Slow Cooker Recipes To Make in Your Crock Pot® | Slow With these slow-cooker recipes from Food Network you can make everything from stews and roasts to bread and desserts with ease

The Easiest Apple Pie Recipe | Food Network Get Easy as Apple Pie Recipe from Food Network

17 Ground Pork Recipes That Are Tasty and Easy to Make Explore the ways that this juicy, delicious and affordable protein can be turned into all kinds of dishes

25 Easy Pumpkin Dessert Recipes for Fall | Food Network From cakes and pies to puddings and cheesecakes, pumpkin is the luscious mainstay in all these sweet treats

70 Easy Chicken Recipes for Family Dinners | Food Network Try these easy chicken recipes from Food Network—perfect for beginners and full of flavor. These chicken dinner ideas come together with zero stress

Easy Slow-Cooker Recipes From The Pioneer Woman Take it easy this weekend and let the slow cooker do the work. From the breakfast table to the barbecue, Ree Drummond's got you covered with recipes for chili, pulled pork, soup and even

Dinner Recipes | Food Network Make dinner memorable with Food Network's easy, family-friendly recipes. From cozy classics to weeknight meals, find something for everyone

Related to the easy way to quit smoking book

These Are the 3 Most Effective Ways to Quit Smoking, New Research Finds (AOL1y) There has never been a better time to quit smoking tobacco. More products exist today to help people snuff out cigarettes for good, but with so many options available, identifying which are the most

These Are the 3 Most Effective Ways to Quit Smoking, New Research Finds (AOL1y) There has never been a better time to quit smoking tobacco. More products exist today to help people snuff out cigarettes for good, but with so many options available, identifying which are the most

Best ways to stop smoking: From vaping alternatives to Quit Lit (2monon MSN) A cigarette dangling from your lip may be very Brat, but as a former smoker, I can assure you it is one of the worst vices

Best ways to stop smoking: From vaping alternatives to Quit Lit (2monon MSN) A cigarette dangling from your lip may be very Brat, but as a former smoker, I can assure you it is one of the worst vices

The Best Way to Quit Smoking for Good: Expert-Approved Tips (Woman's World on MSN1mon) For millions of Americans wondering about the best way to quit smoking, the journey can feel daunting. Nicotine changes the

The Best Way to Quit Smoking for Good: Expert-Approved Tips (Woman's World on MSN1mon) For millions of Americans wondering about the best way to quit smoking, the journey can feel daunting. Nicotine changes the

Great American Smokeout: Your day to quit smoking, vaping (usace.army.mil1y) ABERDEEN PROVING GROUND, Md. – Every year service members and civilians around the country take advantage of the Great American Smokeout, sponsored by the American Cancer Society, to transition to a

Great American Smokeout: Your day to quit smoking, vaping (usace.army.mil1y) ABERDEEN PROVING GROUND, Md. – Every year service members and civilians around the country take advantage of the Great American Smokeout, sponsored by the American Cancer Society, to transition to a

Nicotine Replacement Therapy Products and How to Use Them (Healthline2y) Using nicotine replacement products, such as patches or gum, can help you manage cravings and gradually reduce nicotine intake. Share on Pinterest AndreyPopov/Getty Images Deciding to quit smoking can

Nicotine Replacement Therapy Products and How to Use Them (Healthline2y) Using nicotine replacement products, such as patches or gum, can help you manage cravings and gradually reduce nicotine intake. Share on Pinterest AndreyPopov/Getty Images Deciding to quit smoking can

These Are the 3 Most Effective Ways to Quit Smoking, New Research Finds (Healthline1y) Share on Pinterest A new review of 300 prior studies has identified the three most effective treatments that can help people stop smoking. Dobrila Vignjevic/Getty Images A new review of more than 300

These Are the 3 Most Effective Ways to Quit Smoking, New Research Finds (Healthline1y) Share on Pinterest A new review of 300 prior studies has identified the three most effective treatments that can help people stop smoking. Dobrila Vignjevic/Getty Images A new review of more than 300

Related Articles

- [dan brown books deception point](#)
- [dora the explorer swiper](#)
- [greater key of solomon](#)

[Back to Home](#)