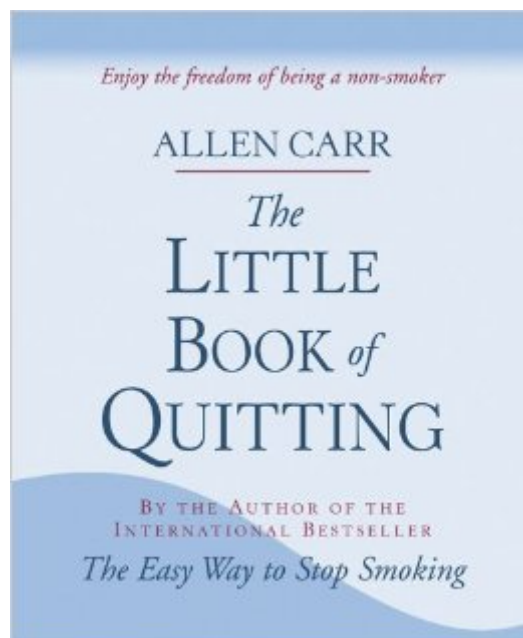


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The Little Book Of Quitting



Synopsis

Allen Carr's international bestseller, *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.

Book Information

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Customer Reviews

I read this book before going to sleep, it's very short, quite sharp and works a treat!!! This book gets right into your psychi about why you keep picking them up and putting them in your mouth. It then destroys all those beliefs that we all do in fact know are lies anyway. If you know it's time to stop (then you're probably right) and are struggling with will-power, stop fighting it, let the words do their thing and wake up realising you never actually wanted to smoke in the first place. Thanks Allen, I'm no longer a slave!!!

I appreciate that most people are understandably skeptical of anonymous online reviews. If you're one of those, Google this book and find the video clips of credible and/or celebrity folks giving a ringing endorsement. Here's mine. I have literally not had a single cigarette since I read this book. In fact, as I started to read it, I told myself that I would finish the pack I had just bought and then try to stop smoking for a week or so. Then, as I neared the end of the book, I threw the pack away. I was literally anxious to become a non-smoker. I know that sounds overly dramatic, but it's the absolute truth (and why I was moved to write a review). The six dollars I spent on this book was very probably the best money I've ever spent. Frankly, as I type this, I wish I were a better writer. I wish that I could figure out how to convey absolute endorsement of this book without sounding grand or generic or like every other advertisement. Here is the best endorsement I can muster: This book is one of my most prized possessions. If you want to become a non-smoker, buy it right now.

I'm not a big fan of the self help genre and never would have read this book if it wasn't lying around at a time when I was bored. Fortunately, I did read it, it took me about half an hour to read, and now I'm a nonsmoker. I haven't had a cigarette for a week, I quit cold turkey and I don't ever want to pick up another. Buy this book for yourself or for a loved one.

I quit drinking Coke last fall. I actually did it after reading the EasyWay book on quitting smoking (even though I don't smoke) - but this little book is the one I pick up every few weeks to remind me how and why to keep quitting. A very rational approach.

I quit smoking for the first time in my life using the easyway a year and six months ago. It was the easiest and most enjoyable way to quit smoking, no lie. You can't describe the feeling of the "Magic Button" being pushed until you experience it yourself. Six months ago, I started smoking again. I read the book again and it didn't work. The button just wasn't there. I was too filled with self-disgust, fear and foolishness to let the book work for me. With the added tedious nature of reading the full length book for the second, third and fourth time (without the elated "Magic Button" feeling), it just wasn't working. This morning I read The Little Book of Quitting and I felt that button pushed in my mind. I know I have quit smoking again, once and for all. It sounds crazy, but I just know. I think the big difference is that on my second and subsequent attempts I expected the book to work magic without really letting the content sink in. My advice would be to read with no expectations. Don't think about how it's going to work, just let it work. I would recommend The Little Book of Quitting for people who were in my situation. If you have read the original book and need a refresher following

relapse, I would highly recommend this book. If you have never read *The Easy Way To Stop Smoking*, I would suggest you pick that book up first. Good luck!

I bought this book not really expecting it to work. I've been trying to quit for years. But after reading this book three times I quit and it is for real !! The book is easy to read, one to three sentences per page, total read time 10 or so minutes. It doesn't really say much that I hadn't already heard, but it puts it together in one place and it really worked for me. I have been quit now for three months and I haven't had so much as a puff since the day I quit. I didn't even finish the pack I had, I gave it to my husband (who hasn't quit, but hasn't read the book, either.) I don't even have any cravings. I highly recommend this book, but I do feel like the person needs to be ready to quit, but if the things in this book don't reinforce thye desire to quit, I don't know what will. Yippeeeee, I'm a non-smoker !!!!!!!

I joined a quit smoking group and tonight was our quit night to throw away our cigarettes, etc.

Someone in our group brought this book and read it out loud. It had numerous AHA moments and several things that are really inspiring about quitting. I was hesitant on whether I'd be able to do it but after hearing some of the stuff in this book I now know - I CAN BE A NONSMOKER

TOO!UPDATE: 3/29/2010In 3 months I will be 2 years a nonsmoker, largely due to this book. Have not had one since the night I posted this review. This book is like a 'slap in the face" with realism as to what/why you smoke and why you should quit.You can do it too!!

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