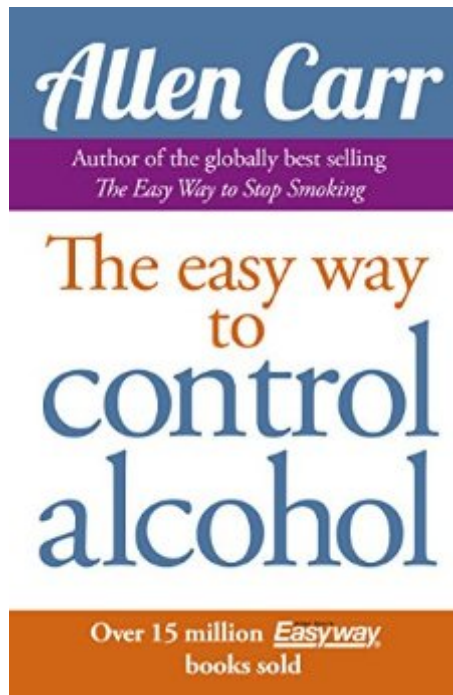


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# Allen Carr's Easy Way To Control Alcohol



## Synopsis

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. His unique method removes the feeling of deprivation and works without using willpower. Allen dispels our illusions about alcohol, removes the psychological dependence and sets you free to enjoy life to the full. I would be happy to give a medical endorsement of the method to anyone.

- Dr PM Bray MB CH.b., MRCGP Praise for Allen Carr's Easyway: "His skill is in removing the psychological dependence" - *The Sunday Times*.
- "A different approach. A stunning success" - *The Sun*
- "I was exhilarated by a new sense of freedom." - *The Independent*

## Book Information

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## Customer Reviews

Before I begin, I just want to say that this is the first review I have done for despite being a Prime member for 6+ years. I know I know, you may be thinking I am some lazy bum who does not care about his fellow shopper....OR realize that this book has made such a large impact on my life and want to share it with as many people as possible. My goal is to give a little background about myself, my struggle and the solution. Even if just one person gets something from this then this review will be a success. Now a little about myself... I am 26, I have a successful job in the construction industry, have a great group of friends and family and my whole world revolves around cars. Talking, wrenching, watching, driving. It is in my blood. This seems irrelevant now but will make more sense later. I went to a great high school, played all the sports, never did drugs or drank in excess. Yes, I went to parties but it was not a every weekend event. Continued on to college and got a two year degree. I was paying for myself so I could not afford the required classes to get my Bachelors degree and in search of a job I ended up getting into construction. By the time I was 20 I was probably drinking twice a week steady with some of the older guys I worked with. I turned 21 and without realizing it my drinking had shot through the roof. I was going out and buying this or that to try whether it be hard alcohol or microbrews. I did not think much of it since I was just doing what every other 21 year old was doing, right? Around the age of 23 I realized I had a major problem on my hands. I was buying a pint of Jagermeister a night and could slam the entire bottle in one shot.

I had quit drinking for about 2 weeks with the 'willpower method' for the 100th time and knew that I was on the verge of falling off the wagon again. So I started searching for a new book to help give me some motivation to continue my run. I read some reviews on this book and figured it was worth a read. I must say, Mr. Carr's approach to controlling (quitting) drinking was unlike anything I had ever heard, and I've read a lot on the subject, including the AA Big Book. It was nice to hear for once that I didn't need to go to 12-step meetings to be cured or check into rehab for 30 days or talk to a shrink about how daddy didn't love me enough. It was intriguing to hear that I had simply fallen for a trick, fallen into a trap. He did an excellent job of dispelling all the common myths surrounding alcohol and why we feel attracted to it or in need of it. He tackled the problem in a very logical way by exploring what we really benefit from drinking. If you look close enough you will realize that there is no benefit whatsoever. In other words, he very effectively and systematically removed my desire to drink; something neither AA, nor my doctor, nor my family, nor a judge could do. About halfway through the book, I knew that I wouldn't drink again! It is truly amazing, given my long history of alcohol abuse and failed attempts. At this current writing I'm 5 weeks sober and have not had any cravings for booze, which was a daily battle before coming across this gem. Like another reviewer said, I feel

like the book has hypnotized me in a way. I almost instantly went from waking up every day and praying to have the strength to fight off the temptations to waking up every day and simply knowing that the fight is over and I have won.

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