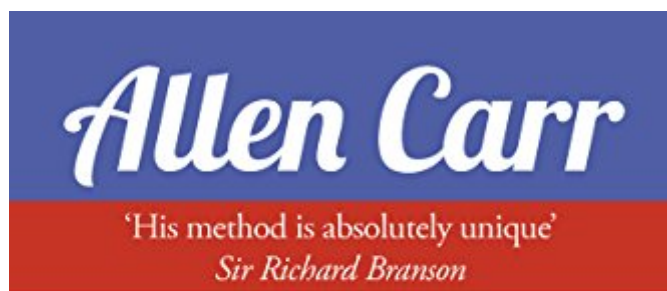


The book was found

# Allen Carr's Easy Way To Stop Smoking



The easy way to  
**stop**  
smoking

Allen Carr's  
**Easyway**<sup>®</sup>

Over 15 million  
books  
sold



## Synopsis

“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 Carr, but as the world’s leading quit smoking expert, Allen was right to boast! This classic guide to the world’s most successful stop smoking method is all you need to give up smoking. You can even smoke 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 of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Accept no substitute. Ten million people can’t be wrong. 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: “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

## Book Information

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## Customer Reviews

To All People Out There Who Want to Quit:(And Even Those Who Simply Want to WANT To Quit)I understand how it is, I really do. I want to try and help, even if it's something that you've heard a thousand times before. Yes, indeedly, I did have success with this book. I found out that I was pregnant with my first child on January 9, 2012. At age 24 I had been a pack-a-day smoker for almost 6 years. I enjoyed the ritual of taking some "me time" to reflect each day while enjoying a cigarette with an iced coffee. I liked smoking while driving in my car on a beautiful day. If I went out drinking for the night, I could kill a pack in a matter of a couple of hours, no problem. What I really \*didn't\* like was the disgusting ashtray-mouth the next morning, or, on other occasions, the feeling of panic that would set in if I only had one cigarette left, or, even worse, NONE left. If I was short on money, I'd get desperate, and try any way to get one. I also didn't like the stale taste in my mouth that would linger hours after smoking. I felt self-conscious whenever I spoke to someone really close-up, or when I kissed my boyfriend. I didn't like that when I went on vacation or went to visit someone, I would open my luggage and smell a rank ashtray smell radiating out. I'm sure these are all things you've experienced before.What really helped me to quit for good (immediately and without regret, depression, or any \*real\* withdrawal problems) was the imagery in this book about the "Nicotine Monster". The idea that for the past 6 years of my life, I was carrying around this evil little parasite in my brain. He moved in to my brain and made himself comfortable the day that I smoked my first cigarette at a party my freshman year of college.

I used this book to quit smoking over a year ago, but decided to wait before writing a review. A review after a full year is much more likely to convince someone than a review from someone who has only quit for a day or two, after all.I bought this book after reading that the comedian Michael McIntyre had use it to quit when he was the same age as me. So I thought I'd give it a try. To be honest I was skeptical about the whole thing and didn't expect much to happen - perhaps I would just use the book to entertain the idea of giving up smoking, even if I didn't actually do it.And here's the thing - I wasn't even particularly desperate to give up smoking. I for the most part enjoyed the rituals of smoking. The only times I questioned it were when I felt pangs of embarrassment if someone stood close to me on the train - can they smell the smoke or not? But even this was only of mild "I know I shouldn't, hahaha" concern. So my nine year pack a day habit was, except for the occasional niggle that I wasn't doing anything to help my health, something I just believed to be part of me. Something that wouldn't go away and maybe didn't even need to. The book would just be an interesting experiment. That was my mindset when I began the book.So when I found myself

becoming excited at the prospect of giving up, I was more surprised than anything. How did that happen? Carr breaks down every excuse you might have for smoking and simply tells you why it really is pointless. And lo and behold, you start to believe it. This book is written by a smoker and KNOWS your smoker's mind better than you even know it yourself. It doesn't bombard you with statistics and admonish you, it just tells you how and why you're not looking at things clearly.

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