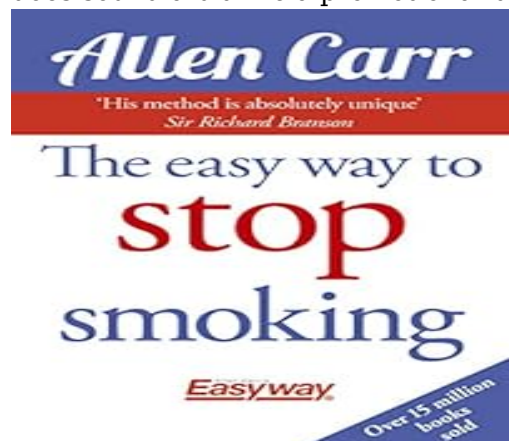


Allen Carrs Easy Way to Stop Smoking By Allen Carr

A different approach to quitting smoking but throughout the book the author says that no smoker likes smoking I've asked several clients and they say they love smoking so it's not for everyone It does sound a bit like a promotional brochure at times though Cthulhu mythos



I got this book after much debating as I was told by others that it did not work I have to say it has worked for me I was a pack a day smoker for over 30 years and nobody would ever believe that I could quit but I did Now 45 days smoke free For this book to work you have to want to quit and be open minded to the suggestions in the book Allen Carr does hit on the withdrawals comparing them to hunger pangs which they were what was not covered was the disruption to your sleep or maybe that was just me I quit with no aid except the instructions in the book and so far have not desire to smoke again Cthulhu mythos I smoked for 20 years and quit several times but couldn't make it last I was actually quite skeptical about the book but it turns out it was just what I needed It actually changed my perception of smoking on a fundamental level I quit 2 weeks ago and I feel confident passionate and exhilarated If you really want to quit and you're ready I think this book is a great guide to help you through the process Cthulhu mythos Was the 1st time I actually quit smoking Haven't touched a cigarette since May 17 2014 Was almost no withdrawal Thanks to this book I recommend it to all my friends but they're skeptical I know lots of people and read many reviews before wasting my time That many of us can't be liars It's less than a pack of smokes so was well worth a try for me and it's the best purchase I've ever made Cthulhu mythos This book is listed as being the Classic guide and even the date is listed as May 16 1985 But this is not the classic edition I once owned the classic edition and in it it stated that smoking was 100% in your head brainwashing The newer editions have been updated since it was soon after proven that nicotine was addictive That is fine and I am not disputing any of those facts But what I had been led to believe was that I was purchasing a 'Classic guide from 1985' and that is what I expected to receive Instead this is the 'modern' up to date version stating mostly about nicotine being addictive The book even goes on to talk about the 'first edition' several times The 1st edition the one I previously owned and that worked so well for me that I foolishly lent to someone who then lost it has been something I have searched for for years I thought at last that I had finally found it I have read the 'updated' version before and it did not work for me I was very disappointed to discover this book is not what I had thought I'd bought Cthulhu mythos Acheté un peu par hasard Désormais un mois sans fumer Je pense devoir éviter une crise trop longue ainsi qu'une introduction au bouquin Je vous laisse la surprise Allen Carr prétend avoir 90% de succès en clinique et 70% auprès de ceux qui lisent le bouquin Je fais clairement partie des 70% J'ai déjà arrêté bon nombre de fois Champix nicorette ect rien n'y faisait Avec ce bouquin j'ai arrêté assez simplement et ne suis vraiment pas prêt à reprendre Je regrette d'avoir acheté une version Kindle C'est typiquement le bouquin qu'on a envie de prêter par la suite Allen Carr est un peu marketing et pénible au début du bouquin il se fait un peu mousser mais malgré ce petit défaut le bouquin mérite clairement ses 5 étoiles Cthulhu mythos 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 cant be wrong I would be happy to give a medical endorsement of the method to anyone Dr PM Bray MB CHb MRCGP Praise for Allen Carrs 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 G 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 '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. '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, There are no scare tactics you will not gain weight and stopping will not feel like deprivation, 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: "I would be happy to give a medical endorsement of the method to anyone: 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 'If you follow my instructions you will be a happy non-smoker for the rest of your life: There are no scare tactics you will not gain weight and stopping will not feel like deprivation. 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. "I would be happy to give a medical endorsement of the method to anyone. 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 Allen Carrs Easy Way to Stop Smoking.

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