<u>Easy way</u>

# Allen Carr

The illustrated easy way to stop drinking

> Author of the globally best selling The Easy Way to Stop Smoking

# **Allen Carr Easy Way To Stop Drinking**

John Dicey, Allen Carr

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Allen Carr's Easy Way to Quit Emotional Drinking Allen Carr, John Dicey, 2023-05-01 FREE YOURSELF FROM YOUR PSYCHOLOGICAL DEPENDENCE ON ALCOHOL WITH THE WORLD RENOWNED INTERNATIONALLY BESTSELLING EASYWAY METHOD Problem drinking begins with emotions The desire to have just the one to relax after work The turning to a bottle of wine when things are going wrong and you re feeling stressed The big special days such as birthdays and Christmas which we believe wouldn't be the same without a drink Meanwhile this wrongful belief is wreaking havoc with our

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Summary of Allen Carr's The Easy Way to Stop Drinking Everest Media, 2022-03-25T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The belief that alcoholism is a fatal illness is widely supported by the medical community and society at large However there are many doctors who do not support AA s view 2 The support and genuine benefit that AA gives to alcoholics is unlike anything else available However the cornerstone of its philosophy is the idea that alcoholism is a disease that cannot be cured 3 The cure for alcoholism is in your hands If you believe you have a drinking problem it is worth investigating a cure particularly when that cure claims to be instant easy enjoyable and permanent 4 The question you should be asking is Why do people fly from all over the world to consult this insignificant lone individual who has no medical training The answer is simple Because he is widely regarded as the world s leading expert on the subject Allen Carr's Easy Way to Better Sleep John Dicey, Allen Carr, 2022-11-01 READ THIS BOOK AND SLEEP WELL THE EASY WAY Do you find it hard to switch off at night Do you feel tired all day but when your head hits the pillow it s impossible to sleep Whether it s worrying about work doomscrolling on your phone or overcaffeinating yourself to get through the day modern lifestyle choices are robbing us from the sleep we deserve But how can we break free from the vicious cycle of fatigue and insomnia Allen Carr s Easyway method offers a unique solution This world renowned clinically proven method has helped an estimated 50 million people with their behavioral issues and addictions including smoking alcohol weight control and digital addiction In this book this tried and tested method is applied to sleeping difficulties The beauty of this method is that it DOES NOT RELY ON WILLPOWER It will not ban your phone from your bedside or take away your morning coffee but instead unravel the cognitive brainwashing that has led you to desire the very behaviors that are harming you In this way you will be released from them without feelings of sacrifice or deprivation With clear step by step advice this book will help you form healthy habits and live in tune with your natural sleep cycle so you can get back to that blissful promise of a good night's sleep Do you find that difficult to believe Read this book What people say about Allen Carr's

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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 behaviour 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 the UK Health Service's Gold Standard Stop Smoking Service What people say about Allen Carr's Easyway method His skill is in removing the psychological dependence The Sunday Times It was such a revelation that instantly I was freed from my addiction Sir Anthony Hopkins Allen Carr achieved what I never thought was possible to give up a thirty year habit literally overnight Anjelica Huston

#### Allen Carr Easy Way To Stop Drinking Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "Allen Carr Easy Way To Stop Drinking," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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#### **Allen Carr Easy Way To Stop Drinking Introduction**

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