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that instantly I was freed from addiction Sir Anthony Hopkins His skill is in removing the psychological dependence The Sunday Times The Easy Way for Women to Stop Drinking Allen Carr,2016-02-12 READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE Allen Carr s Easyway is a global phenomenon It has helped millions of smokers from all over the world In The Easy Way for Women to Stop Drinking Allen Carr s Easyway method has been applied to problem drinking for women acknowledging that women who want to stop drinking face particular difficulties and tailored to their needs By explaining why you feel the need to drink and with simple step by step instructions to set you free Allen Carr shows you how to escape from the alcohol trap This book comes with several assurances You won t feel like you re being talked down to there are no scare tactics or gimmicks you won t feel deprived and you won t miss drinking What people say about Allen Carr s Easyway method The Allen Carr program was nothing short of a miracle Anjelica Huston It was such a revelation that instantly I was freed from my addiction Sir Anthony Hopkins His skill is in removing the psychological dependence The Sunday Times **Stop Drinking Now** Allen Carr,2015 Allen Carr s Easyway method for stopping smoking has been applied to problem drinking By explaining why you feel the need to drink and with simple step by step instructions to set you free he shows you how to escape from the alcohol trap **No More Hangovers** Allen Carr,2009-12 Self help

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willpower Removes the desire to drink alcohol Stop easily immediately and painlessly Regain control of your life What people say about Allen Carr s Easyway method I read the book in one day and I never drank again Nikki Glaser The Allen Carr program was nothing short of a miracle Anjelica Huston His skill is in removing the psychological dependence The Sunday Times I know so many people who turned their lives around after reading Allen Carr s books Sir Richard Branson

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