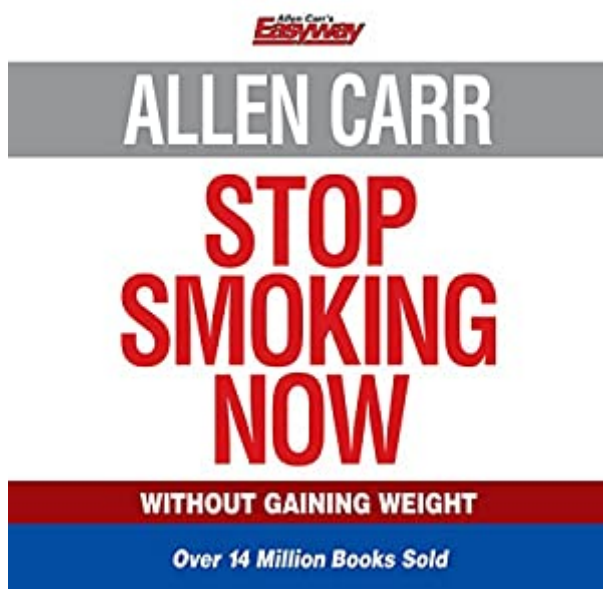


The book was found

Allen Carr's Stop Smoking Now



Synopsis

Allen Carr's Easyway is the most successful stop-smoking method of all time. It has helped millions of smokers from all over the world quit instantly, easily, painlessly, and permanently. Stop Smoking Now is the new, cutting-edge presentation of the method. Updated and set out in a clear, easy-listening format, this audiobook makes it simpler than ever before to get free. Allen Carr's Easyway does not rely on willpower as it removes your desire to smoke. It eliminates the fears that keep you hooked and you won't miss cigarettes. It works both for heavy and casual smokers and regardless of how long you've been smoking. There are no gimmicks or scare tactics, you won't put on weight, and you can even smoke while you listen. Listen to Stop Smoking Now and become a happy nonsmoker for the rest of your life.

Book Information

Audible Audio Edition

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Version: Unabridged

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Best Sellers Rank: #9 in Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #905 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #6491 in Books > Self-Help

Customer Reviews

I have smoked on and off for 45 years. Thanks to this book I have been a non-smoker since Labor Day. It has been great! Within a week my "Smokers Cough" disappeared completely. My wife said that she used to know where I was in Wal-Mart just by listening for my cough. Allen Carr was a five pack a day smoker until he became a non-smoker. I can't imagine anyone smoking 5 packs of cigarettes a day! I had all I could do to finish 1 pack a day. The book explains how to become a non-smoker without will power and with minimal withdrawal pains. He drums it into your subconscious that if you don't want to smoke it is easy to not do something that you don't want to do. He explains how to conquer the small monster called nicotine addiction in about 3 weeks and also to defeat the large monster which is your mind telling you that you must have a cigarette. The

reason you won't need will power if you follow this book is because you will have enough aversion power to overcome your craving for a cigarette. You will understand that you can't smoke just one cigarette. If and when your desire for a cigarette occurs your subconscious mind will short circuit that thought. The longer you are a non-smoker the fewer times you will want a cigarette and the fewer triggers you will experience. Remember, this book, nor patches, gum, pills or whatever will help you stop smoking unless you WANT TO!!! Remember to read ALL of the book. Continue to smoke while you read the Book. Be totally committed to stop smoking and you will be successful and enjoy all of the benefits of being a non-smoker. Good Luck.

I was doubtful a book would help me quit and I'm still not sure if it was the book or me finally being ready to quit. Whatever the case may be, this time feels different than other periods of quitting. I felt more positive, hopeful, and really not even craving from day one, it was weird honestly. The book also helped me gain a slightly new perspective on quitting. It was worth the money and I've since passed it on to a co-worker that's been struggling with quitting.

I didn't believe it could work, but it actually did work for me. It may not give you any information that you aren't already aware of, but it presents it in a way that makes it impossible for a logical person to deny or justify the habit. I was never a heavy smoker, but I loved the cigs I did have daily. This book makes you go back and think about how you started, and think about the justifications you've made, and then tears them down one by one. It killed all the fun for me. If you are a sucker for logic, and want to quit...this is a great book. I have recommended it to all my smoker friends. If only they would actually read it... :(Every time I walk by smokers out on the sidewalk- I thank goodness I am no longer a slave to my addiction.

I've read some of the negative reviews of this book and think that some of them are unfair. I am in agreement though that if you aren't ready to quit -- this is not a miracle cure. I have been a smoker for years -- and as a healthcare worker and daughter of a parent with COPD I am well aware of my need to quit smoking. Quit once years ago for 1 1/2 years and stupidly started up again. I have tried multiple times since then to quit, but have never made it past a couple weeks, which by the way seemed like torture. A friend who was successful in quitting recommended the book. I was skeptical. When I got my motivation again I read the book. It was exactly the boost I needed. In the past I always attempted giving up cigarettes. With this help of this book I got a different attitude. Instead of giving up cigarettes I took back control and a healthier life style. Yes there were some tough

moments - there is no easy way out of addiction, but the change in how I looked at quitting (thanks to this book) I consider myself successful. It has been over a year since I quit. I did cheat just a couple times, but have never actually gone back, and I don't intend to. Thank you Allen Carr for sharing your success of quitting and taking back your life!

I can't explain why this works but it does. There isn't anything inside of this book that is groundbreaking, or stuff that you don't likely already know. However as I read it, and then finished it -- I was able to successfully quit. Sure a nicotine craving for the first day or two, but that's the key there. It's a nicotine craving, not a craving for a cigarette. Anyhow it worked well for me, and I've had no issues being around other smokers in previous trigger situations (Glass of wine, after dinner, entertaining etc). Nothing to lose and everything to gain!

I like every other smoker tried to quit, but something would always get me smoking again, Stress boredom fear of gaining weight. As soon as I put out my final cigarette like the book instructs you to the desire to smoke was GONE. I have no idea how it works all I know is it does.

Allen Carr makes sense!

It works! Just put your trust in it and do exactly what he tells you to do. It is pretty great you get to keep smoking while you read the book. I now buy this book and mail it to anyone that tells me that they really want to quit smoking! Saved my life!

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