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Stop Smoking Now

Allen Carr

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

Stop
smoking
now

Allen Carr's
Easyway[®]

Over 15 million
books
sold



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-to-read format, this book 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 when you read. READ STOP SMOKING NOW AND BECOME A HAPPY NON-SMOKER FOR THE REST OF YOUR LIFE" Allen Carr explodes the myth that giving up smoking is difficult." - The Times "A different approach. A stunning success." - The Sun "Allow Allen Carr to help you escape painlessly today." - The Observer "Instantly I was freed from my addiction. I found it not only easy but unbelievably enjoyable to stay stopped." - Sir Anthony Hopkins

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Smoking

Customer Reviews

If there's any part of you that wants to stop smoking, GET THIS BOOK!! I've quit countless times, even using hypnosis more than once - which worked for a while. Every time I stopped, I wondered if I might start again someday. This book changed the way I think about smoking. Now, I'm certain I will never smoke again. It's truly revolutionary. I couldn't believe it. My son told me how it worked for him, and for some of his friends. I thought I'd give it a shot, even though I wasn't 100% sure I wanted to stop. It arrived on a Tuesday afternoon. I began reading that evening. Finished it Wednesday afternoon (it's a super easy read). Then smoked my last cigarette - as Allen Carr says to do - then threw the rest away. It's so simple. I still can't quite believe it. And interestingly, I walk past people who are smoking, catch a bit of the odor and am repulsed. Truly shocking!! I love it!

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 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 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.

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'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!

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