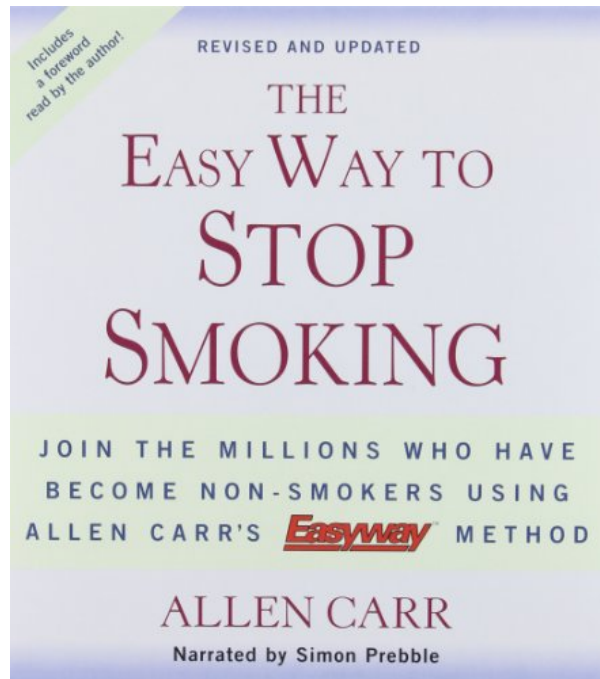
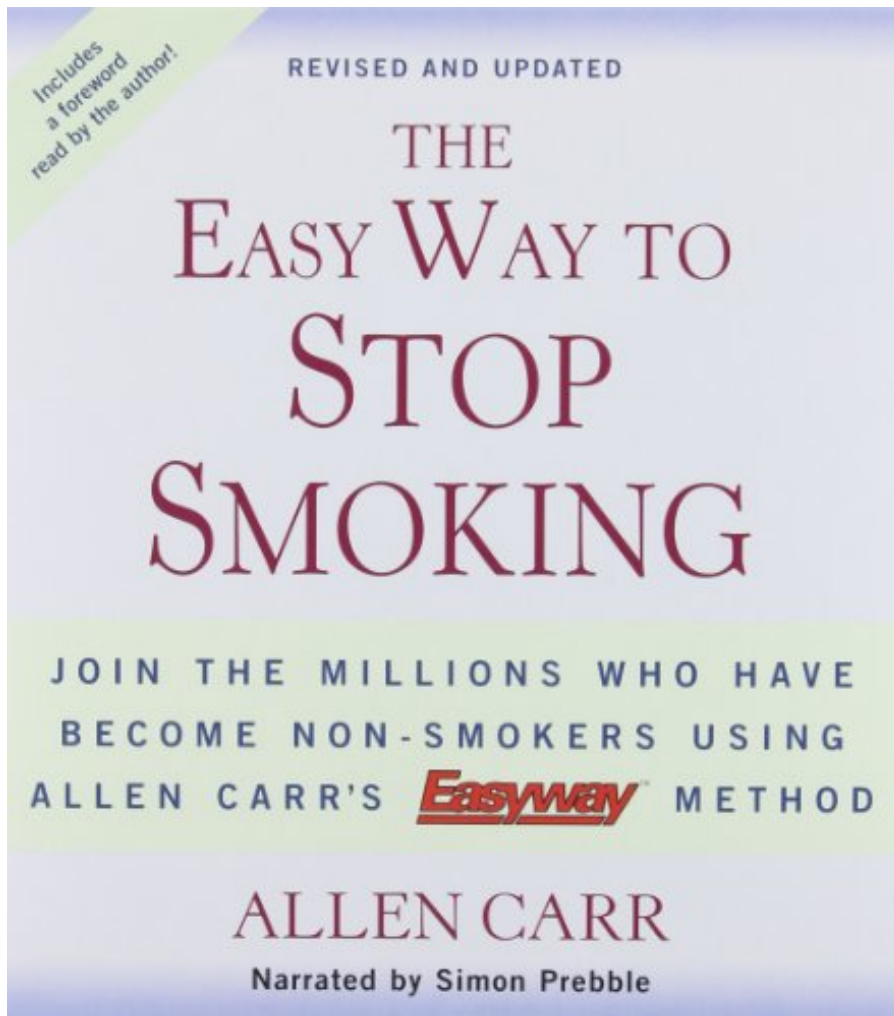


THE EASY WAY TO STOP SMOKING BY ALLEN CARR



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THE EASY WAY TO STOP SMOKING BY ALLEN CARR PDF

Allen Carr's innovative Easyway method—which he developed after his own 100-cigarette-a-day habit nearly drove him to despair—has helped millions kick smoking without feeling anxious and deprived. That's because he helps smokers discover the psychological reasons behind their dependency, handle the withdrawal symptoms, avoid situations when temptation might become too strong, and stay smoke-free. Carr discusses issues such as nicotine addiction; the social "brainwashing" that encourages smoking; the false belief that a cigarette relieves stress; the role boredom plays in sabotaging efforts to quit; and the main reasons for failure. With this proven program, smokers will throw away their packs for good.

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- Binding: Audio CD

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6 of 6 people found the following review helpful.

Attention Smokers-Buy this Book

By nysbuyer

Update: Just wanted to note I passed my one year mark (St.Patrick's Day!) If you want to quit smoking, but just don't think you can do it-Buy the book!

I quit smoking after being a smoker for over thirty-five years with this book. I have used Hypnotists,Patches,Gum and tried cold turkey more times than I can remember. Even the times when I had quit for awhile I was irritated,anxious,downright nasty a lot of the time. I felt like I was being deprived and would finally succumb to the urges. This time, after reading the book (to be honest I didn't quit directly after finishing-I actually sat and re-read portions of the book when I would have a cigarette-within a week I quit completely!) I didn't have any of the withdrawal symptoms as I had in the past. It has been three months now, and even though from time to time, I think about having a cigarette, its not a strong urge and I just let the thought go and I'm fine. It is amazing how easy it has been. I wish I had read this book decades ago! P.S. My husband who was a three pack a day smoker quit a month later with this book as he saw how easy it was for me and he is still doing great too after two months! If you're a hardcore smoker, buy this book, what have you got to lose but a few dolllars which is less than you spend in one day on Cigarettes! Do it-you won't be sorry. I have noticed that there are alot of editions of this book,not sure if different-my copy's cover says, "NEW! CANADIAN edition" above title of, Allen Carr's easy way to stop smoking, copyright is 2004. Hope this helps!

4 of 4 people found the following review helpful.

It IS easy to quit....

By Billie Whipple

I quit smoking on March 24, 2016 after 54 years of heavy smoking. I didn't use any kind of nicotine replacement--no pills, patches, gum, etc. This book is partly to credit for my success. The book is simplistic, but the repetition of the central theme--Quitting smoking is easy!--works effectively as a form of self-hypnosis. I recommend it for that encouragement, but you will find a wealth of perhaps more useful information at whyquit.com.

The most important part of quitting is to make the decision to quit, to end one's addiction to nicotine. In order to do that you have to find a genuinely personal motivating reason for quitting. Once you do that it IS easy to quit.

5 of 5 people found the following review helpful.

The frugal & easier way to smoking cessation

By anonymous

I smoked for 26 odd years. The first smoking cessation event occurred, decades ago, via the cold turkey method, which lasted all of six weeks.

Noticed the 20th Anniversary (2005) edition, of this book, in a bookstore, in July, of 2011, and purchased it, on a lark, as the title was intriguing, and it was time to stop smoking again, as the price of cigarettes had become non-affordable, due to overtaxation, perpetrated by the anti-smoking zealots. Cancer is a heredity genetic defect, anti-smokers, inclusive of the author, disseminate misinformation that smoking results in cancer.

The second attempt, at smoking cessation, in July, of 2011, was much easier, utilizing the tactical mental techniques taught, in this book; sans nicotine patches, inhalers, electronic cigarettes, etc. The mental techniques allows one to deflect, evade, ward off the nicotine craving until they fade; averting nicotine replenishment. A slicker, smarter, & easier methodology compared to plain cold turkey. Success requires smoking cessation to be a high priority personal objective, as the book only provides the tactical mental methodology, but not the motivation, which is crucial. Concurrence with the author's opinions appears to be irrelevant, to success, however deployment of the subtly concealed tactical mental techniques, appears to be mandatory, for success. Slight personalization, making it more germane to oneself, is advisable, as it increases the probably of success. It made a difference, for moi.

Cold turkey alone will wean one off the nicotine addiction, however it will not address or eliminate smoking recidivism, which the author attempts, to address, in the book, for the masses, utilizing generic solutions, applicable to the majority, which is why his smoking cessation methodology lasts, for the majority. Basically, one must eliminate, the desire; a.k.a., root cause elimination, for successful long term cessation.

Quite economical given the price of the book, at the time, and more frugal when compared to the other methodologies. Recoupment of the initial financial investment (ROI) has occurred, many folds over, via avoidance of purchases of extremely overtaxed cigarettes. The extreme overtaxation makes smoking non-affordable, for the non-affluent, financial discrimination.

The passage of time, has validated, the methodology durability & sustainability, i.e., zero smoking recidivism, up to the moment, meriting posting of this review, on the second anniversary of smoking cessation. Paraphrasing the author favorite catchphrase: Yippie; I been a non-smoker, for two years.

Posthumous thanks, and kudos to Mr. Allen Carr, the author, for the creation, and publication of an affordable low cost smoking cessation technique, of especial relevance to the indigents.

7/16/2014 - Update; Yippie, I been a non-smoker, for three years now.

7/16/2015 - Yippie, made it to the fourth year, really great ROI versus nicotine patches, etc.

7/16/2016 - Yippie, made it to the fifth anniversary!

7/17/2017 - Amazing, held for six years, zero recidivism, superior to cold turkey, nicotine gums, etc. Never heard of this book, nor the author before, a serendipitous find 6 years ago.

See all 1124 customer reviews...

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