

The book was found

Allen Carr's The Only Way To Stop Smoking Permanently

Allen Carr's
Easyway
To Stop Smoking

Over 13 Million Books Sold

ALLEN CARR

**THE ONLY WAY TO
STOP
SMOKING
PERMANENTLY**

TAKE BACK CONTROL OF YOUR LIFE

From the internationally best-selling
author of *Easy Way to Stop Smoking*



Synopsis

Author of the most successful stop smoking method of all time, Allen Carr here further exposes the traps of smoking and provides smokers with the motivation to break free forever. This companion volume to Allen Carr's *Stop Smoking Now* and Allen Carr's *Easy Way to Stop Smoking* will help you:

- Achieve the right frame of mind to quit
- Avoid weight-gain
- Quit without dependence on rules or gimmicks
- Enjoy the freedom and choices that non-smokers have in life
- Quit without willpower
- "I would be happy to give a medical endorsement of the method to anyone."

Dr PM Bray MB CH.b., MRCGP Praise for Allen Carr's *Easyway*:

- "Allen Carr explodes the myth that giving up smoking is difficult"
- - The Times
- "A different approach. A stunning success"
- - The Sun
- "The Allen Carr method is totally unique."
- - GQ Magazine
- "His method is absolutely unique, removing the dependence on cigarettes, while you are actually smoking."
- - Richard Branson
- "I found it not only easy but unbelievably enjoyable to stay stopped."
- - Sir Anthony Hopkins

Book Information

File Size: 1512 KB

Print Length: 484 pages

Page Numbers Source ISBN: 0140244751

Publisher: Arcturus Publishing (January 5, 1995)

Publication Date: January 5, 1995

Language: English

ASIN: B0078VYGB8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #146,598 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Tobacco

#34 in Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #124

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery >

Customer Reviews

If you are thinking about quitting, I highly recommend this book. It will change the way you think about smoking. I truly believe this, the patch, and an online support group is what made this last quit attempt final. I am writing this review over a year later and still smoke free. I feel great!

Best way to quit smoking hands down. It's been so long I can't remember being a smoker.

I read Easyway first, and it didn't do much for me. So I thought I would try Onlyway. YES YES YES!!! I am now a happy non smoker, I don't miss it, I don't crave it., it is wonderful. Allen Carr gets you to realize that you are not giving anything up. I was ready to have the final cigarette in the middle of the book. I can not thank Allen Carr enough for writing this book. I still can't believe how easy this book made it. NO weight gain, no irritability, no cravings, just Freedom!!! This book will save you. What have you got to lose by trying this method? Nothing to lose, everything to gain. The willpower method is a horrible way to quit, bravo if it worked for you. This way is much much easier . Thank you Thank you thank you for this book!!! It saved my life and I am much happier.

I started to read Allen Carr's book, because I knew he wrote the Easy way to stop smoking, but I wanted to have a more detailed view of the method.EASYWAY didn't work for me, but "Onlyway" did, definitely. Although it's a bit longer, the method is quite the same, but with more detailed explanation, with more examples for me it was easier to get "the right frame of mind"

A miracle book. My 50 years shackled to smoking is gone. I'm now free and feel great. Hard to believe it but it really is EASY. Read with an open mind and see what happens. No scare tactics. It's a very safe book to read and is entertaining. It kept my attention with no drudgery. Again this sounds over the top but i couldn't put it down.

After smoking for 20 years, I thought I would die a smoker. This book completely changed the way I felt about smoking. It really was easy to quit!

The only way I have been able to stop smoking. And it is so easy to do! If you smoke or use tobacco in any form (including the vaps and gums) READ THIS BOOK

I stopped over 12 years ago. When I got to the last page I was a non-smoker. It will work for you too. It also frees the poor slaves to alcohol and drugs IF THEY HAVE NEVER ATTENDED AA OÃfâ |Ã Æ NA MEETINGS. Those who have attended cannot get free using Carrs brilliant method

[Download to continue reading...](#)

Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking, Stop Smoking Forever, Stop Smoking Addiction, Quit Smoking ... Methods to Quit Smoking, Healthier Life) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) Allen Carr's The Only Way to Stop Smoking Permanently What's Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life The Easy Way to Stop Smoking: Join the Millions Who Have Become Non-smokers Using Allen Carr's Easy Way Method Allen Carr's Easy Way To Stop Smoking Allen Carr's Easy Way for Women to Stop Smoking The Easy Way to Stop Smoking: Join the Millions Who Have Become Non-Smokers Using Allen Carr's Easyway Method Allen Carr's Easy Way to Stop Smoking: Revised Edition The Easy Way for Women to Stop Smoking: A Revolutionary Approach Using Allen Carr's Easyway™ Method Allen Carr's Easy Way to Stop Smoking: Third Edition Allen Carr's Stop Smoking Now Only Way To Stop Smoking Permanently (Penguin Health Care & Fitness) Smoking Food at Home with Smoky Jo: Hot Smoking and Cold Smoking; Different Types of Smokers; Smoking Using a Wok, Filing Cabinet, Wardrobe or Shed; ... Herbs and Spices; Wood Varieties; Food Safety Smoking Meat: Fish Edition. : Delicious Smoking Fish Recipes for Everyone (Book 2, Smoked Fish Recipes Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Quit Smoking: (Free Gift eBook Inside!) The #1 Guide on How to Quit Smoking Naturally, Break the Chain and Keep Moving Forward (Stop

Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting)

Contact Us

DMCA

Privacy

FAQ & Help