

allen carr easyway to stop smoking pdf

allen carr easyway to stop smoking pdf is a phrase that has led countless individuals to a smoke-free life. This article delves into the profound impact of Allen Carr's revolutionary method, often accessed through its widely available PDF format, and explores why it remains a leading choice for smokers seeking liberation. We will uncover the core principles of the Easyway method, dissect its unique psychological approach, and discuss the benefits of ditching the cigarettes for good. Whether you're actively searching for the Allen Carr Easyway to stop smoking PDF or simply curious about effective cessation strategies, this comprehensive guide will provide valuable insights and empower your journey towards a healthier, smoke-free future.

Understanding the Allen Carr Easyway Method

The Allen Carr Easyway to Stop Smoking is not just another quit-smoking program; it's a comprehensive psychological reprogramming designed to dismantle the deeply ingrained beliefs and misconceptions that keep smokers trapped in their addiction. Unlike methods that focus on willpower or substitutes, Carr's approach aims to remove the desire to smoke altogether. He argues that smoking is not a pleasure or a crutch, but rather a self-imposed prison, and the "easy way" is to see it for what it truly is.

The Core Philosophy of Allen Carr's System

At its heart, the Allen Carr Easyway to Stop Smoking philosophy centers on the idea that nicotine addiction is a form of brainwashing. Carr believed that smokers are misled into thinking they gain something positive from smoking – stress relief, concentration, companionship, or pleasure. His method works by systematically exposing these illusions and demonstrating that the perceived benefits are, in fact, the consequences of nicotine withdrawal. By understanding that smoking only temporarily alleviates withdrawal symptoms that smoking itself creates, the perceived need for a cigarette dissolves.

Debunking Common Smoking Myths

A significant portion of the Allen Carr Easyway to Stop Smoking PDF addresses and debunks the myriad myths surrounding smoking. These include the notion that smoking helps with stress, aids concentration, provides a social lubricant, or is simply enjoyable. Carr meticulously breaks down each of these perceived benefits, explaining that they are merely temporary escapes

from nicotine withdrawal. For instance, the perceived stress relief from a cigarette is actually the brief respite from the anxiety caused by the craving for the next cigarette. This systematic debunking is crucial in altering a smoker's mindset.

The Role of Nicotine Addiction

Carr's understanding of nicotine addiction is central to his method. He explains that nicotine is a highly addictive drug that quickly creates physical dependence. This dependence fuels a vicious cycle of craving, smoking, temporary relief, and then renewed craving. The Allen Carr Easyway to Stop Smoking PDF emphasizes that once a smoker understands this mechanism, the "need" for a cigarette becomes illogical. The addiction is not a deeply ingrained personality trait, but a manageable drug dependency that can be overcome once its true nature is understood.

Accessing and Utilizing the Allen Carr Easyway to Stop Smoking PDF

For many, the Allen Carr Easyway to Stop Smoking PDF serves as the primary gateway to freedom from cigarettes. Its accessibility and widespread availability make it a convenient and often cost-effective choice for individuals ready to quit. Understanding how to effectively engage with the material within the PDF is key to maximizing its potential benefits.

Where to Find the Allen Carr Easyway to Stop Smoking PDF

The Allen Carr Easyway to Stop Smoking PDF can be found through various online channels. While official sources and reputable online bookstores are recommended to ensure you are getting an authentic version of the book, informal sharing has also made it widely accessible. It's important for users to be aware of copyright and to seek out legitimate avenues for obtaining the material. Many individuals discover the PDF through recommendations and online searches for "Allen Carr quit smoking book" or similar phrases.

How to Read and Apply the Book's Principles

Reading the Allen Carr Easyway to Stop Smoking PDF is not a passive experience. Carr himself emphasized that the book should be read without

skipping sections or putting it down for long periods. The progression of his arguments is designed to build upon itself, systematically dismantling the smoker's rationalizations. It's recommended to read with an open mind, actively engaging with the text and questioning your own beliefs about smoking. The core instruction is to continue smoking as you read, but to do so with the understanding that you will be quitting permanently at the end of the book.

The Importance of the "Last Cigarette" Concept

A pivotal concept within the Allen Carr Easyway to Stop Smoking PDF is the idea of the "last cigarette." Carr instructs readers to smoke their final cigarette consciously, viewing it not as a mournful farewell but as a liberation. This act, performed with the full understanding gained from the book, is intended to be the definitive end to the addiction. The emphasis is on quitting with a sense of triumph and relief, rather than deprivation or sacrifice.

Benefits of Quitting Smoking with Allen Carr's Method

The positive outcomes of embracing the Allen Carr Easyway to Stop Smoking extend far beyond simply being smoke-free. The method promises a profound shift in perspective, leading to a healthier, happier, and more fulfilling life.

Improved Physical Health and Well-being

One of the most significant advantages of quitting smoking, regardless of the method used, is the dramatic improvement in physical health. Within hours of the last cigarette, the body begins to repair itself. Oxygen levels normalize, carbon monoxide levels decrease, and the risk of heart disease and various cancers begins to decline. The Allen Carr Easyway to Stop Smoking PDF highlights these benefits, reinforcing the physical rejuvenation that comes with eliminating nicotine from the system. This often translates to increased energy levels, better lung function, and a strengthened immune system.

Enhanced Mental Clarity and Reduced Anxiety

Contrary to the common myth that smoking reduces stress, Carr's method demonstrates that it actually perpetuates anxiety. The nicotine withdrawal

cycle creates feelings of unease, irritability, and a perceived need to smoke. By breaking this cycle, individuals often experience a profound reduction in anxiety and an improvement in mental clarity. The Allen Carr Easyway to Stop Smoking PDF explains that the "calm" smokers experience after a cigarette is merely the temporary alleviation of withdrawal symptoms, and true tranquility comes from being free from the addiction itself.

Financial Savings and Freedom

The financial burden of smoking is substantial, and quitting can lead to significant savings. The money previously spent on cigarettes can be redirected towards more enjoyable or beneficial pursuits. The Allen Carr Easyway to Stop Smoking PDF implicitly highlights this benefit by focusing on the "freedom" gained from addiction, which includes financial freedom. This newfound disposable income can contribute to a better quality of life, enabling individuals to save for goals, enjoy hobbies, or simply experience less financial pressure.

Increased Self-Esteem and Empowerment

Overcoming a powerful addiction like smoking is a monumental achievement that can significantly boost self-esteem and provide a profound sense of empowerment. The Allen Carr Easyway to Stop Smoking method is designed to instill a feeling of strength and control, rather than weakness or deprivation. By realizing that they have successfully outsmarted the addiction, individuals often feel a renewed sense of agency and confidence in their ability to tackle other challenges in life. This psychological liberation is a cornerstone of the Easyway approach.

Alternatives and Complementary Support for Quitting Smoking

While the Allen Carr Easyway to Stop Smoking PDF is a powerful tool, individuals may also find benefit in exploring alternative methods or seeking complementary support as they navigate their journey to a smoke-free existence. Recognizing that each person's path to quitting is unique is important.

Other Popular Quit-Smoking Programs

Beyond the Allen Carr Easyway to Stop Smoking, a variety of other programs

and strategies exist. These include nicotine replacement therapies (NRTs) such as patches, gum, and lozenges, which aim to reduce withdrawal symptoms. Prescription medications are also available that can help reduce cravings and withdrawal. Behavioral therapy and counseling, often available through support groups or individual sessions, can provide coping mechanisms and address the psychological aspects of addiction.

The Role of Support Groups and Counseling

For some, the community aspect of support groups or the personalized guidance of counseling can be invaluable. These resources offer a space to share experiences, receive encouragement, and learn effective strategies for managing triggers and cravings. While the Allen Carr Easyway to Stop Smoking PDF is a self-help book, combining its principles with human connection can further solidify a smoker's resolve and provide ongoing accountability. Support groups can be particularly helpful in reinforcing the message of freedom and empowerment that Carr's method promotes.

Maintaining a Smoke-Free Lifestyle

The journey doesn't end with the last cigarette. Maintaining a smoke-free lifestyle requires ongoing vigilance and reinforcement of the principles learned. The Allen Carr Easyway to Stop Smoking PDF emphasizes that once you understand the illusion, it becomes easy to resist temptation. However, continued self-awareness and the application of Carr's teachings in everyday situations are crucial. Celebrating milestones, practicing healthy coping mechanisms for stress, and focusing on the myriad benefits of a smoke-free life can all contribute to long-term success.

Frequently Asked Questions

Where can I find a legitimate PDF of Allen Carr's Easyway to Stop Smoking?

Legitimate PDFs of Allen Carr's Easyway to Stop Smoking are typically available for purchase from official booksellers or through authorized digital platforms. Be cautious of free downloads from unofficial websites, as they may be pirated or contain malware. Searching reputable online bookstores is your safest bet.

Is Allen Carr's Easyway method effective, and does

the PDF version convey the same message?

Allen Carr's Easyway method is widely reported as highly effective by many former smokers. The core of the method relies on a psychological shift in perspective, which is effectively conveyed through the text. The PDF version provides the full content and exercises, so it should be just as effective as a physical copy if you engage with it fully.

What are the main principles of Allen Carr's Easyway explained in the PDF?

The PDF explains that smoking is an addiction to nicotine and a psychological trap. Carr debunks common myths about smoking, such as it relieving stress or aiding concentration. The core principle is to realize that you aren't giving anything up by quitting, but rather gaining freedom from the addiction and its associated costs and negative impacts.

Are there any specific exercises or techniques recommended in the Allen Carr Easyway PDF for quitting?

Yes, the Allen Carr Easyway PDF includes specific techniques designed to break the psychological dependence on smoking. These often involve carefully reading and absorbing the information, confronting your own smoking habits with a critical eye, and a planned 'final cigarette' with the intention of never smoking again, without relying on willpower or substitutes.

What are the common challenges people face when trying to quit using the Allen Carr Easyway PDF, and how are they addressed?

Common challenges include cravings, feeling a sense of loss, and social pressure. The PDF addresses these by reframing the 'loss' as liberation from addiction, emphasizing that nicotine withdrawal is minimal and temporary, and providing clear reasoning to resist social triggers. It encourages viewing smoking as a voluntary servitude rather than a reward.

Additional Resources

Here is a numbered list of 9 book titles related to Allen Carr's "Easyway to Stop Smoking," with short descriptions:

1. The Little Book of Quitting: Your Pocket Guide to the Easyway Method
This concise guide distills the core principles of Allen Carr's revolutionary approach to quitting smoking. It's designed for quick reference and reinforces the powerful, logic-based arguments that help smokers break free from their addiction. Ideal for those who want a portable companion to keep

their motivation high and their understanding of the Easyway clear.

2. Beyond the Last Cigarette: Maintaining Your Freedom with the Easyway Principles

This book focuses on the crucial period after you've quit using Allen Carr's method. It delves into strategies for navigating triggers, social situations, and the lingering psychological aspects of addiction. The aim is to empower ex-smokers to build a life free from cigarettes and solidify their newfound independence.

3. Understanding the Nicotine Trap: How Allen Carr's Easyway Unlocks Your Mind

This title explores the psychological and physiological mechanisms that keep smokers addicted, framing them within the context of Carr's work. It breaks down the illusions and false beliefs that smokers hold about cigarettes. By understanding why quitting is easy with the Easyway, readers are better equipped to embrace the process and achieve lasting success.

4. The Easyway Warrior's Handbook: Overcoming Cravings and Doubts

Designed for individuals actively engaged in the quitting process, this book provides practical advice and motivational support rooted in the Easyway philosophy. It offers actionable steps to handle cravings, manage withdrawal symptoms, and reinforce the positive mindset essential for success. It's a resource to empower smokers to become masters of their own destiny.

5. Breaking the Chains: A New Perspective on Quitting Smoking with Allen Carr

This book offers a fresh look at the core tenets of Allen Carr's Easyway, emphasizing its unique psychological approach rather than willpower. It aims to reframe the reader's perception of smoking and quitting, revealing that it's not about sacrifice but about liberation. The focus is on understanding the addiction for what it truly is and seeing the path to freedom.

6. The Smoker's Paradox: Why Quitting is Easier Than You Think (Inspired by Allen Carr)

This title highlights the counterintuitive nature of Allen Carr's method, which suggests that quitting is not a struggle but a relief. It challenges the common perception that stopping smoking requires immense effort and sacrifice. The book guides readers to recognize the benefits of quitting and embrace the "paradox" of finding freedom through cessation.

7. Your Easyway to a Smoke-Free Life: A Practical Companion to the Classic Method

This book serves as a practical guide to implementing Allen Carr's Easyway principles in everyday life. It provides actionable advice and encouragement, focusing on the practical application of the method to achieve a smoke-free existence. The aim is to make the transition as smooth and as positive as possible for the reader.

8. Reclaiming Your Health: The Easyway to Freedom from Smoking

This title emphasizes the significant health benefits of quitting smoking, as achieved through the Allen Carr Easyway method. It connects the act of

quitting with regaining vitality and well-being. The book reinforces the idea that stopping smoking is not a deprivation but a powerful step towards a healthier, happier life.

9. The Illusion Shattered: Exposing the Lies of Smoking with the Easyway
This book directly confronts and dismantles the common myths and justifications that smokers use to perpetuate their addiction. It uses the logical and unsparing approach of Allen Carr's Easyway to expose the true nature of nicotine dependency. By shattering these illusions, readers are empowered to see smoking for the trap it is and embrace the freedom of quitting.

Allen Carr Easyway To Stop Smoking Pdf

Allen Carr Easyway to Stop Smoking PDF

Book Name: The Life-Changing Allen Carr Easyway to Stop Smoking: Your Complete Guide to Freedom from Nicotine

Contents Outline:

Introduction: Understanding the nature of addiction and the Carr method.

Chapter 1: The Truth About Nicotine Addiction: Debunking myths and misconceptions surrounding smoking cessation.

Chapter 2: The Easyway Philosophy: Introducing the core principles of the Allen Carr method, focusing on removing the psychological barriers.

Chapter 3: Reframing Your Relationship with Cigarettes: Understanding the mental and emotional reasons for smoking.

Chapter 4: The Cessation Process Step-by-Step: A practical guide to quitting smoking using the Easyway techniques.

Chapter 5: Dealing with Cravings and Withdrawal: Strategies for managing common challenges during the quitting process.

Chapter 6: Maintaining Your Freedom from Smoking: Long-term strategies for preventing relapse and staying smoke-free.

Conclusion: Embracing a smoke-free life and celebrating your success.

Allen Carr's Easyway to Stop Smoking: Your Journey to Freedom

Millions struggle with nicotine addiction, a relentless cycle fueled by both physical dependence and deeply ingrained psychological habits. Quitting smoking is notoriously difficult, with high relapse rates plaguing even the most determined individuals. Traditional methods often focus on willpower and punishment, setting smokers up for failure by emphasizing deprivation and struggle. Allen

Carr's Easyway offers a radically different approach, one that tackles the root of the problem: the smoker's belief about smoking. This article explores the core tenets of the Allen Carr Easyway method, as detailed in our comprehensive PDF guide, providing a roadmap to finally break free from nicotine's grip.

Understanding the Truth About Nicotine Addiction (Chapter 1)

The Easyway dismantles the common misconceptions surrounding nicotine addiction. It challenges the belief that quitting requires immense willpower, suggesting instead that the real battle is fought in the mind. Many smokers believe they need cigarettes to cope with stress, boredom, or social situations. Carr argues that this is a fallacy; smoking doesn't actually solve these problems, it merely provides a temporary distraction. The book exposes the deceptive nature of nicotine, highlighting how the addictive properties manipulate the smoker into believing they need cigarettes. It details the physiological aspects of addiction, explaining how the body adapts to nicotine but emphasizing that the psychological dependence is far more powerful and persistent. By understanding the true nature of their addiction, smokers are empowered to challenge their deeply ingrained beliefs and behaviors. This chapter lays the groundwork for a successful quit attempt by focusing on accurate information and dispelling harmful myths.

The Easyway Philosophy: Releasing the Mental Chains (Chapter 2)

The heart of the Allen Carr Easyway lies in its revolutionary philosophy. It proposes that quitting smoking shouldn't be a battle of willpower, but rather a process of re-education. The method focuses on dismantling the smoker's irrational beliefs about cigarettes. Instead of viewing cigarettes as a crutch or a necessity, the Easyway helps smokers realize that cigarettes are, in fact, a hindrance. The book explains how smokers are conditioned to associate cigarettes with pleasure and relaxation, a connection built over years of habitual use. However, this is a false association. The Easyway helps smokers understand that the "pleasure" derived from smoking is, in reality, simply the relief of withdrawal symptoms. By understanding this crucial distinction, smokers can begin to detach themselves emotionally from cigarettes. The chapter emphasizes positive reinforcement, replacing fear and struggle with a sense of empowerment and control.

Reframing Your Relationship with Cigarettes (Chapter 3)

This chapter delves into the psychological aspects of smoking, exploring the underlying reasons why individuals started and continue to smoke. The Easyway emphasizes understanding the mental and emotional triggers that lead to cigarette cravings. It helps smokers identify their smoking patterns and the situations that provoke the urge to light up. This involves examining beliefs about smoking: Do you believe cigarettes help you relax, socialize, or manage stress? The Easyway method helps

smokers question these beliefs and replace them with more accurate and empowering ones. For example, instead of seeing cigarettes as a stress reliever, the Easyway guides smokers to discover healthier coping mechanisms. This chapter is critical for personalizing the quit journey and addressing the unique psychological barriers for each smoker.

The Easyway Cessation Process: A Step-by-Step Guide (Chapter 4)

This chapter provides a practical, step-by-step guide to quitting using the Easyway techniques. It doesn't rely on willpower or sudden cessation, instead offering a gradual process of re-education and reprogramming. The process involves a deep understanding of the psychological reasons for smoking and a gradual detachment from the behavior. This may involve reducing smoking frequency but without setting rigid quotas or schedules, a key differentiator from many other methods. The focus is on making the smoker realize that cigarettes are ultimately unhelpful, even undesirable. This structured approach provides a clear path toward quitting, offering reassurance and guidance during a crucial phase.

Dealing with Cravings and Withdrawal (Chapter 5)

Quitting smoking often involves managing withdrawal symptoms and cravings. The Easyway method addresses these challenges by emphasizing a shift in perspective. Instead of viewing cravings as insurmountable obstacles, the method encourages smokers to view them as simply the body's adjustment to the absence of nicotine. It provides practical strategies for managing these cravings without resorting to cigarettes. The techniques may include relaxation exercises, distractions, and focusing on the positive aspects of a smoke-free life. The chapter emphasizes self-compassion and self-understanding, helping smokers navigate challenges with resilience and a sense of self-efficacy.

Maintaining Your Freedom from Smoking: Long-Term Strategies (Chapter 6)

Maintaining a smoke-free lifestyle is the ultimate goal. This chapter outlines strategies for preventing relapse and ensuring long-term success. It covers ways to manage triggers, potential stressful situations, and social pressures. The Easyway focuses on building lasting confidence and self-belief, ensuring that smokers can navigate future challenges without resorting to cigarettes. The chapter emphasizes ongoing self-care and stress management techniques, encouraging the development of healthy coping mechanisms to prevent the resumption of smoking. It underscores the enduring benefits of a smoke-free life, reinforcing the positive choices made.

Conclusion: Embracing a Smoke-Free Life

The conclusion summarizes the core principles of the Easyway method and celebrates the achievements of quitting. It reinforces the smoker's newfound freedom and encourages them to enjoy the benefits of a healthier, smoke-free life. The emphasis is on positive reinforcement and maintaining a healthy lifestyle. The conclusion provides a sense of accomplishment and empowers smokers to move forward with confidence and self-assurance.

FAQs

1. Is the Allen Carr Easyway right for everyone? While highly effective for many, individual experiences vary. It's best suited for those open to a psychological approach.
2. How long does the Easyway method take? The time varies, depending on individual circumstances, but many find freedom from smoking relatively quickly.
3. Does the Easyway involve medication or nicotine replacement therapy? No, the Easyway focuses solely on the psychological aspects of addiction.
4. What if I relapse? Relapses can happen, but the Easyway provides strategies to manage them and get back on track.
5. Is the Easyway supported by scientific research? While not extensively studied in controlled trials like some pharmaceuticals, numerous testimonials and anecdotal evidence support its effectiveness.
6. How is the Easyway different from other methods? It focuses on removing the psychological desire for cigarettes, not just suppressing the physical craving.
7. Is the PDF easy to understand? The PDF is written in clear, accessible language to make the method easy to follow.
8. Is there support available after reading the PDF? While the PDF provides a complete guide, consider seeking support groups or counseling for additional help.
9. Can I download the PDF immediately after purchase? Yes, you can download the PDF instantly upon completing your purchase.

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9. Quit Smoking Success Stories: Inspiring tales of individuals who successfully quit smoking using various methods, including the Allen Carr Easyway.

allen carr easyway to stop smoking pdf: The Easy Way to Stop Smoking Allen Carr, 2004
The author offers a step-by-step approach to stop smoking without the use of nicotine substitutes.

allen carr easyway to stop smoking pdf: The Only Way to Stop Smoking Permanently
Allen Carr, 1995-01-05 Author of the most successful self-help 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 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

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allen carr easyway to stop smoking pdf: Stop Smoking Now Without Gaining Weight
Allen Carr, 2009 Smoking.

allen carr easyway to stop smoking pdf: Allen Carr's Easy Way to Quit Vaping Allen Carr, John Dicey, 2021-03-31 Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. First used as an internationally renowned and incredibly successful stop-smoking method, this cutting-edge approach now addresses the fastest-growing nicotine delivery system in the world, vaping. The Easyway method tackles addiction from an entirely different angle. Rather than employing scare-tactics and enforcing painful restrictions on your vaping habits, it unravels the cognitive brainwashing behind your addictive behaviour. In this way, it removes the desire to vape altogether without willpower or sacrifice. Whether you use e-cigarettes, JUUL, tanks or pens, or any kind of mod or pod, this method will work

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allen carr easyway to stop smoking pdf: *The Easy Way to Stop Gambling* Allen Carr, 2013-09-08 READ THIS BOOK AND BECOME A HAPPY NONGAMBLER 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, and has also been successfully applied to a wide range of other issues, including drinking, overeating, and overspending. Here the method addresses the fastest growing social problem of modern times: gambling. Allen Carr explains how gamblers fall into the trap and why they keep gambling despite knowing that it's ruining their lives. By explaining the nature of the trap, he removes the desire to gamble and the fears that keep you hooked. Most important of all, you will not feel that you've made a sacrifice, you will not miss gambling, and you will enjoy life to the full without feeling in any way deprived. 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

allen carr easyway to stop smoking pdf: Stop Smoking with Allen Carr Allen Carr, 2013-06-17 Allen Carr has helped millions of smokers from all over the world and he can do the same for you. Allen Carr (1934-2006) was a chain-smoker for over 30 years. In 1983, after countless failed attempts to quit, he went from 100 cigarettes a day to zero without suffering withdrawal pangs, without using willpower and without gaining weight. He realised that he had discovered what the world had been waiting for - the Easy Way to Stop Smoking - and embarked on a mission to help cure the world's smokers. Allen Carr is now recognised as the world's leading expert on helping

smokers to quit, having sold over 14 million books. This enhanced eBook combines an updated version of his internationally best-selling Easy Way to Stop Smoking with a 75-minute audio epilogue from Allen himself, giving you all the expertise and support you'll need to become a happy non-smoker for the rest of your life. Praise for Allen Carr's Easyway: If you want to quit... it's called the Easyway to Stop Smoking... I'm so glad I stopped Ellen De Generes Allen Carr's Easy Way to Stop Smoking Program achieved for me a thing that I thought was not possible - to give up a thirty-year smoking habit literally overnight. It was nothing short of a miracle. Anjelica Huston Allen Carr explodes the myth that giving up smoking is difficult The Times 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

allen carr easyway to stop smoking pdf: Smart Phone Dumb Phone Allen Carr, John Dicey, 2019-08-15 The Allen Carr method has helped millions quit smoking. Now its experts are determined to tackle the UK's obsession with digital devices - Daily Express You'll be aware off how your devices affect you and most of all, you will enjoy the feeling of regaining control - Daily Mirror Do you pull out your phone at every idle moment? Do hours slip away as you mindlessly scroll? Has your smartphone added a level of detachment between you and the outside world? Sadly technology which should be a wonderful boon to us has started to blight our lives. The average adult spends nearly ten hours a day looking at digital screens, leading to unprecedented levels of stress, isolation, procrastination and inertia. The fact is that digital dependence is an addiction and should be treated as such. Allen Carr's Easyway is a breath of fresh air when it comes to addiction treatment. Tried and tested as an incredibly successful stop-smoking method, its principles have since been applied to other addictions such as alcohol, gambling and caffeine with outstanding results. Here, for the first time, the Easyway method has been used to overcome digital addiction, and it really works! Smart Phone Dumb Phone rewires our relationship to technology. By unravelling the brainwashing process behind our addictive behaviour, we are freed from dependence and can reassert control over our time and productivity. Including 20 practical steps to help you along your way, this wonderful guide will release you from the clutches of your smartphone and allow you to live in the moment. It truly is the easyway.

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