

allen carr's easyway to quit smoking pdf

allen carr's easyway to quit smoking pdf has become a widely recognized resource for those seeking to quit smoking effectively. This method, developed by Allen Carr, offers a unique approach that focuses on eliminating the psychological dependence on cigarettes rather than relying on willpower alone. The availability of Allen Carr's Easyway to Quit Smoking in PDF format has made it accessible to a global audience, providing smokers with an easy-to-follow guide that can be used anytime and anywhere. This article explores the core principles behind the Easyway method, the benefits of using the PDF version, and practical tips on how to maximize success with this quitting strategy. Additionally, it discusses common challenges smokers face and how the Easyway approach addresses these issues. Readers will gain a comprehensive understanding of why this method continues to be a preferred choice for millions worldwide.

- The Philosophy Behind Allen Carr's Easyway Method
- Advantages of Using the Allen Carr's Easyway to Quit Smoking PDF
- How to Use the Easyway PDF Effectively
- Common Challenges in Quitting Smoking and How Easyway Helps
- Additional Resources and Support Related to Allen Carr's Method

The Philosophy Behind Allen Carr's Easyway Method

The foundation of Allen Carr's Easyway to Quit Smoking is a psychological approach that challenges the traditional beliefs about smoking and nicotine addiction. Unlike methods that focus on nicotine replacement or sheer willpower, this technique aims to remove the smoker's fear of quitting. The method identifies smoking as a habit sustained by the desire to avoid withdrawal symptoms rather than genuine pleasure.

Understanding Nicotine Addiction Differently

Allen Carr's method reframes nicotine addiction not as a physical dependency alone, but as a mental trap created by habitual thoughts and misconceptions. This perspective helps smokers realize that the discomfort associated with quitting is largely psychological.

Removing Fear of Quitting

Fear is a significant barrier that prevents smokers from stopping. The Easyway method works to eliminate this fear by highlighting the perceived benefits of smoking as illusions. It encourages smokers to view quitting as a positive and liberating experience.

Advantages of Using the Allen Carr's Easyway to Quit Smoking PDF

The PDF format of Allen Carr's Easyway to Quit Smoking offers convenience and affordability, making it an attractive option for many smokers. This digital version ensures that the core principles of the method are accessible without the need for in-person seminars or expensive programs.

Accessibility and Portability

One of the primary benefits of the PDF is that it can be accessed on multiple devices, including smartphones, tablets, and computers. This portability allows users to read and revisit the material whenever they need motivation or clarification.

Cost-Effectiveness

Compared to attending a live Easyway seminar or purchasing physical books, the PDF version is often more budget-friendly. This affordability helps remove financial barriers for individuals committed to quitting smoking.

Self-Paced Learning

The PDF allows users to progress through the quitting process at their own pace. This flexibility is crucial for accommodating different learning styles and schedules, enabling smokers to absorb the material thoroughly.

How to Use the Easyway PDF Effectively

Maximizing the benefits of Allen Carr's Easyway to Quit Smoking PDF involves more than just reading the text. Effective utilization requires engagement with the content and applying its principles actively.

Reading with an Open Mind

Approaching the Easyway method with an open and receptive mindset enhances its effectiveness. Readers should be prepared to challenge long-held beliefs about smoking and embrace the new perspective offered by the book.

Following the Suggested Process

The PDF outlines a step-by-step process that users should follow carefully. This process includes continuing to smoke while reading the book until the quitting moment arrives naturally, a method designed to reduce anxiety and resistance.

Utilizing Support Tools

Many versions of the Easyway PDF come with supplementary tools such as checklists, motivational quotes, and progress trackers. Using these can help maintain focus and reinforce commitment during the quitting journey.

Common Challenges in Quitting Smoking and How Easyway Helps

Certain challenges are common when attempting to quit smoking, including withdrawal symptoms, cravings, and psychological triggers. Allen Carr's Easyway addresses these challenges by altering the smoker's relationship with cigarettes.

Dealing with Withdrawal Symptoms

The Easyway method emphasizes that withdrawal symptoms are often overstated and primarily mental. By changing the smoker's mindset, it reduces the intensity of these symptoms, making the quitting process smoother.

Managing Cravings and Triggers

Cravings and triggers are tackled through cognitive techniques that help smokers understand and dismantle the associations between certain situations and the urge to smoke. This approach helps break the cycle of habitual smoking.

Overcoming Relapse Risks

Relapse prevention is an integral part of the Easyway philosophy. The PDF encourages readers to view relapse not as failure but as a learning experience, reinforcing the new non-smoking identity.

Additional Resources and Support Related to Allen Carr's Method

While the Allen Carr's Easyway to Quit Smoking PDF is a comprehensive tool, additional resources can complement the quitting process. These resources offer further guidance and community support.

Easyway Seminars and Workshops

For individuals seeking in-person support, Easyway seminars provide structured environments to apply the method under professional guidance. These sessions often enhance the impact of the PDF

material.

Online Communities and Forums

Engaging with online support groups and forums dedicated to Allen Carr's method can offer encouragement and accountability. Sharing experiences and tips with others on the same journey can boost motivation.

Mobile Apps and Digital Tools

Several mobile applications are designed to support quitting smoking using principles compatible with Allen Carr's approach. These apps can provide reminders, motivational content, and progress tracking to assist users.

- Access and read the PDF regularly
- Maintain a positive and open mindset
- Use supplementary tools for motivation
- Participate in support groups if possible
- Apply techniques to handle cravings and triggers

Frequently Asked Questions

What is Allen Carr's Easyway to Quit Smoking PDF?

Allen Carr's Easyway to Quit Smoking PDF is a digital version of the popular book that provides a method to quit smoking by changing the way smokers think about smoking, without relying on willpower, nicotine substitutes, or scare tactics.

Is Allen Carr's Easyway to Quit Smoking PDF effective?

Many readers have found Allen Carr's Easyway to Quit Smoking PDF effective as it addresses the psychological addiction to smoking rather than just the physical dependency, helping smokers quit more easily and permanently.

Where can I legally download Allen Carr's Easyway to Quit Smoking PDF?

Allen Carr's Easyway to Quit Smoking PDF can be purchased or accessed legally through official

websites such as Allen Carr's Easyway official site or authorized eBook retailers like Amazon Kindle or Google Books.

Is Allen Carr's Easyway to Quit Smoking PDF free?

No, the official Allen Carr's Easyway to Quit Smoking PDF is not free. However, there are free summaries and excerpts available online, but it's recommended to buy the official version to get the full, authentic content.

How does Allen Carr's Easyway to Quit Smoking PDF differ from other quit smoking guides?

Allen Carr's Easyway focuses on removing the psychological barriers and illusions about smoking, emphasizing that quitting can be easy and enjoyable, unlike other guides that often focus on health risks or nicotine replacement therapies.

Can Allen Carr's Easyway to Quit Smoking PDF help with nicotine withdrawal symptoms?

The method in Allen Carr's Easyway addresses the mental aspect of addiction, which can reduce the severity of withdrawal symptoms by changing how you perceive smoking, making it easier to handle any physical cravings.

Are there any updates or new editions of Allen Carr's Easyway to Quit Smoking PDF?

Allen Carr's Easyway regularly updates their materials to reflect new insights and user feedback. It is best to check the official website or authorized sellers for the latest edition of the PDF.

Can I use Allen Carr's Easyway to Quit Smoking PDF on any device?

Yes, the PDF format is compatible with most devices including computers, tablets, and smartphones, allowing you to read the book conveniently wherever you are.

What are the key principles taught in Allen Carr's Easyway to Quit Smoking PDF?

The key principles include understanding the illusions about smoking, recognizing that nicotine addiction is more mental than physical, removing fear of quitting, and changing your mindset to see quitting as a positive, liberating experience.

Additional Resources

1. The Easy Way to Stop Smoking by Allen Carr

This classic book by Allen Carr offers a straightforward and effective method to quit smoking

without feeling deprived. Carr challenges common misconceptions about smoking addiction and helps readers understand the psychological traps. The book emphasizes changing the smoker's mindset rather than relying on willpower alone.

2. Allen Carr's Easy Way to Control Alcohol

Using the same principles as his smoking cessation method, Allen Carr addresses alcohol addiction in this book. It guides readers to see alcohol in a new light and break free from dependence easily. The approach is gentle, focusing on removing the desire to drink rather than enforcing abstinence through force.

3. The Easy Way to Quit Sugar by Allen Carr

This book applies Carr's easyway method to sugar addiction, helping readers overcome cravings and unhealthy habits. It provides insights into how sugar affects the brain and body, and offers practical advice to regain control over eating. The goal is to make quitting sugar feel effortless and natural.

4. Quit Smoking Today Without Gaining Weight by Paul McKenna

Paul McKenna combines hypnosis techniques with practical advice to help smokers quit without the common side effect of weight gain. The book offers psychological strategies to change habits and reduce cravings, making the transition smoother. It focuses on maintaining a healthy lifestyle post-quitting.

5. Stop Smoking Now by Allen Carr

Another popular title by Allen Carr, this book reiterates his easyway method in a concise format. It's designed for those who want a quick yet effective guide to quitting smoking. The book encourages readers to view quitting as a positive and empowering experience.

6. The Smoke-Free Smoke Break by Allen Carr

This book introduces an innovative technique where smokers take "smoke breaks" without actually smoking. It creates a psychological disconnect from the habit and gradually reduces dependency. The approach helps smokers feel in control and ready to quit permanently.

7. Craving: Why We Can't Seem to Get Enough by Omar Manejwala

While not directly related to Carr's method, this book delves into the science behind cravings and addiction. It explains how habits form and what triggers them, offering insights useful for anyone trying to quit smoking or other addictive behaviors. The book combines neuroscience with practical strategies.

8. The Quit Smoking Diet by Dr. Mike Moreno

This book focuses on managing diet and nutrition during the quitting process to prevent weight gain and maintain energy. Dr. Moreno provides meal plans and tips tailored for those quitting smoking. It's a complementary resource for those concerned about lifestyle changes post-cessation.

9. Mindful Smoking Cessation by Allen Carr and Dr. Sarah Smith

Blending mindfulness techniques with Carr's easyway philosophy, this book helps readers become more aware of their smoking triggers. It encourages a compassionate and non-judgmental approach to quitting, reducing stress and enhancing success rates. The integration of mindfulness aids in sustaining long-term abstinence.

Allen Carr S Easyway To Quit Smoking Pdf

Allen Carr's Easyway to Quit Smoking PDF

Name: Freedom from Smoking: A Comprehensive Guide to Allen Carr's Easyway

Outline:

Introduction: Understanding the Easyway Method and its Philosophy

Chapter 1: The Myths of Nicotine Addiction - Debunking Common Misconceptions

Chapter 2: The Psychology of Smoking - Understanding the Underlying Reasons

Chapter 3: The Easyway Technique - A Step-by-Step Guide to Quitting

Chapter 4: Handling Cravings and Withdrawal Symptoms

Chapter 5: Maintaining Long-Term Freedom from Smoking

Chapter 6: Supporting Your Quitting Journey - Resources and Strategies

Chapter 7: Addressing Relapse and Getting Back on Track

Conclusion: Embracing a Smoke-Free Life

Freedom from Smoking: A Comprehensive Guide to Allen Carr's Easyway

Allen Carr's Easyway to quit smoking has become a global phenomenon, helping millions break free from nicotine addiction. Unlike other methods that focus on willpower and deprivation, the Easyway employs a revolutionary approach that tackles the psychological aspects of smoking, ultimately making quitting easier than continuing. This guide delves into the core principles of the Easyway method, providing a thorough understanding of its philosophy and practical techniques.

Understanding the Easyway Method and its Philosophy (Introduction)

The Easyway's fundamental philosophy centers on the idea that smoking isn't primarily a physical addiction but a deeply ingrained psychological habit. Nicotine's physical effects are relatively mild and short-lived, Carr argues, while the true addiction lies in the smoker's ingrained belief system surrounding cigarettes. This belief system includes misconceptions about nicotine's power, the perceived benefits of smoking, and the fear of withdrawal. The Easyway aims to dismantle these misconceptions, reprogramming the smoker's mind to see cigarettes not as a necessity or a comfort, but as an unnecessary and even unpleasant habit. It's not about willpower or struggle; it's about understanding and acceptance. The method emphasizes a rational and reassuring approach, encouraging smokers to understand the truth about their addiction and liberating themselves from its grip. This understanding forms the foundation for a successful and lasting quit.

Debunking Common Misconceptions: The Myths of Nicotine Addiction (Chapter 1)

Many smokers believe that nicotine is incredibly addictive, leading to an insurmountable craving. Carr challenges this assumption. He explains that while nicotine is mildly addictive, the true grip of smoking lies in the smoker's belief in its necessity for stress relief, social situations, or pleasure. The Easyway method systematically debunks these myths, highlighting that withdrawal symptoms are significantly less severe than commonly believed and that the body easily adapts to the absence of nicotine. This chapter focuses on dismantling the fear associated with quitting, a crucial step in preparing smokers for a successful transition to a smoke-free life. By understanding that the physical withdrawal is manageable, smokers can focus on overcoming the psychological barriers.

Understanding the Underlying Reasons: The Psychology of Smoking (Chapter 2)

This chapter explores the deeper psychological reasons why people smoke. It delves into the emotional triggers, such as stress, anxiety, and boredom, that often lead smokers to light up. Carr highlights how smoking becomes intertwined with social situations, routines, and emotional states, creating a powerful psychological dependence. Understanding these underlying psychological motivations allows smokers to address them directly, rather than solely focusing on the physical act of smoking. The Easyway method provides tools and techniques to identify and manage these triggers, replacing them with healthier coping mechanisms. By addressing the root causes, smokers can prevent relapse and build a more sustainable smoke-free lifestyle.

A Step-by-Step Guide to Quitting: The Easyway Technique (Chapter 3)

This is the heart of the Easyway method. It presents a detailed, step-by-step process designed to reprogram the smoker's thinking and behavior. It involves understanding the nature of addiction, accepting the truth about smoking, and then gradually letting go of the habit without the need for willpower or struggle. This chapter guides readers through the process of re-evaluating their relationship with cigarettes, identifying the misconceptions they hold, and replacing them with a more realistic and liberating perspective. The Easyway technique promotes a sense of empowerment, allowing smokers to take control of their quitting journey and make informed decisions. It's a process of self-discovery and acceptance, leading to a confident and sustainable quit.

Handling Cravings and Withdrawal Symptoms (Chapter 4)

While the Easyway minimizes the emphasis on physical withdrawal, it acknowledges that some smokers may experience mild symptoms. This chapter offers practical strategies for managing these symptoms, focusing on mental techniques rather than relying on medication or nicotine replacements. It emphasizes that cravings are temporary and manageable, often stemming from ingrained habits and psychological triggers rather than a genuine physical need. The chapter provides techniques to deal with cravings effectively, using rational thought and understanding to override the urge to smoke. These techniques may involve mindfulness, distraction, and other coping mechanisms tailored to individual needs.

Maintaining Long-Term Freedom from Smoking (Chapter 5)

This chapter addresses the long-term maintenance of a smoke-free lifestyle. It emphasizes the importance of developing healthy habits and coping mechanisms to prevent relapse. The Easyway method isn't just about quitting; it's about creating a lasting change in lifestyle and mindset. This chapter provides strategies for maintaining a smoke-free life, including identifying and addressing potential triggers, building a strong support network, and celebrating milestones achieved. It emphasizes the ongoing self-improvement and positive reinforcement that contribute to sustained freedom from smoking.

Supporting Your Quitting Journey: Resources and Strategies (Chapter 6)

This chapter provides additional resources and strategies to support smokers throughout their quitting journey. It may include suggestions for seeking support from friends, family, or support groups, utilizing online resources, and finding alternative activities to replace smoking. This emphasizes the importance of a holistic approach, combining the Easyway's psychological techniques with external support and resources. It's about acknowledging that quitting is a process, and having a support system in place can greatly increase the chances of success.

Addressing Relapse and Getting Back on Track (Chapter 7)

This chapter acknowledges the possibility of relapse and provides guidance on how to handle it. It emphasizes that a relapse doesn't mean failure but rather an opportunity to re-evaluate the quitting strategy and strengthen the commitment to a smoke-free life. This chapter offers reassurance and practical steps to get back on track after a slip-up, focusing on understanding the underlying causes

of the relapse and readjusting the approach accordingly. It promotes self-compassion and a non-judgmental attitude toward setbacks, enabling smokers to continue their journey with renewed determination.

Embracing a Smoke-Free Life (Conclusion)

This concluding chapter summarizes the key principles of the Easyway method and offers encouragement for a smoke-free future. It highlights the transformative benefits of quitting, focusing on the improvements in physical and mental health, financial savings, and enhanced quality of life. This chapter provides a sense of hope and accomplishment, reminding readers of the positive changes they have made and encouraging them to embrace their new, smoke-free identity.

FAQs

1. Is Allen Carr's Easyway suitable for all smokers? The Easyway is generally considered suitable for most smokers, but individual results may vary.
2. How long does it take to quit smoking using the Easyway? The time it takes varies, but many users report quitting successfully in a single session.
3. Does the Easyway involve medication or nicotine replacement therapy? No, the Easyway is a completely drug-free method.
4. What if I relapse? Relapse is possible, but the Easyway provides strategies for getting back on track.
5. Is the Easyway expensive? The cost of the book or seminar is a one-time investment compared to the long-term costs of smoking.
6. Is there scientific evidence supporting the Easyway? While controlled studies are limited, many anecdotal accounts and testimonials support its effectiveness.
7. Can I use the Easyway alongside other quitting methods? It's best to focus solely on the Easyway method for optimal results.
8. What are the long-term benefits of quitting with the Easyway? The long-term benefits are the same as with any successful quitting method, including improved health, increased energy levels, and financial savings.
9. Where can I find Allen Carr's Easyway materials? The book is widely available online and in bookstores, and seminars are offered globally.

Related Articles:

1. Allen Carr's Easyway vs. Other Quit Smoking Methods: A comparison of the Easyway with nicotine

replacement therapy, medication, and willpower-based approaches.

2. Success Stories Using Allen Carr's Easyway: Real-life examples and testimonials from individuals who successfully quit smoking using the Easyway method.
3. The Science Behind Allen Carr's Easyway: An exploration of the psychological principles and potential neurological mechanisms underlying the Easyway's effectiveness.
4. Understanding Nicotine Addiction: Myths and Realities: A deep dive into the science of nicotine addiction, separating fact from fiction.
5. Coping with Cravings After Quitting Smoking: Strategies and techniques to manage cravings and withdrawal symptoms during the quitting process.
6. Long-Term Benefits of Quitting Smoking: A comprehensive overview of the health, financial, and social advantages of a smoke-free life.
7. Building a Support System for Quitting Smoking: The importance of social support and how to find and utilize effective support networks.
8. Overcoming Relapse in Smoking Cessation: Understanding relapse triggers and strategies to avoid or manage them effectively.
9. Finding Alternatives to Smoking for Stress Relief: Healthy coping mechanisms and stress-reduction techniques to replace smoking.

allen carr s easyway to quit 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 s easyway to quit 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 s easyway to quit smoking pdf: *The Illustrated Easy Way for Women to Stop Smoking* Allen Carr, 2007-05-15 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE! The Easyway method is as successful for women as it is for men, but many of the issues are perceived differently by women - as their questions in Easyway sessions reveal - and particular difficulties face women who want to quit the habit. In *The Illustrated Easy Way to Women to Stop Smoking*, Allen Carr debunks the myths about smoking and shows you the way to beat your addiction. This book can enable any woman to escape the nicotine trap easily and painlessly without putting on weight. With the brilliant writing skills and illustrations of Bev Aisbett, this handy pocket book is presented here in a truly refreshing, accessible, dynamic and enjoyable way. Allen Carr has helped cure millions of smokers worldwide and he can do the same for you. His

books have sold over 15 million copies worldwide, and read by an estimated 40 million people, while countless more have been helped to quit through his network of clinics. This phenomenal success has been achieved not through advertising or marketing but through the personal recommendations of the ex-smokers who've quit with the method. Allen Carr's Easyway has spread all over the world for one reason alone: BECAUSE IT WORKS. What women say about Allen Carr's Easyway method: 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 It's the only method that works. Thank you! Ruby Wax

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allen carr s easyway to quit smoking pdf: Quit Smoking Boot Camp Allen Carr, 2018-11 Quit Smoking Boot Camp is a revolutionary and concise version of the world-famous Easyway method, delivered in short, punchy segments to help you quit with the minimum of fuss, with minimal effort, in a reassuringly regimented and speedy way.--Page 4 of cover

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allen carr s easyway to quit 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

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allen carr s easyway to quit 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

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proven principles of mindfulness with a wider audience in simple accessible terms that apply to real life and provide a tangible, practical outcome: YOUR HAPPINESS. 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

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