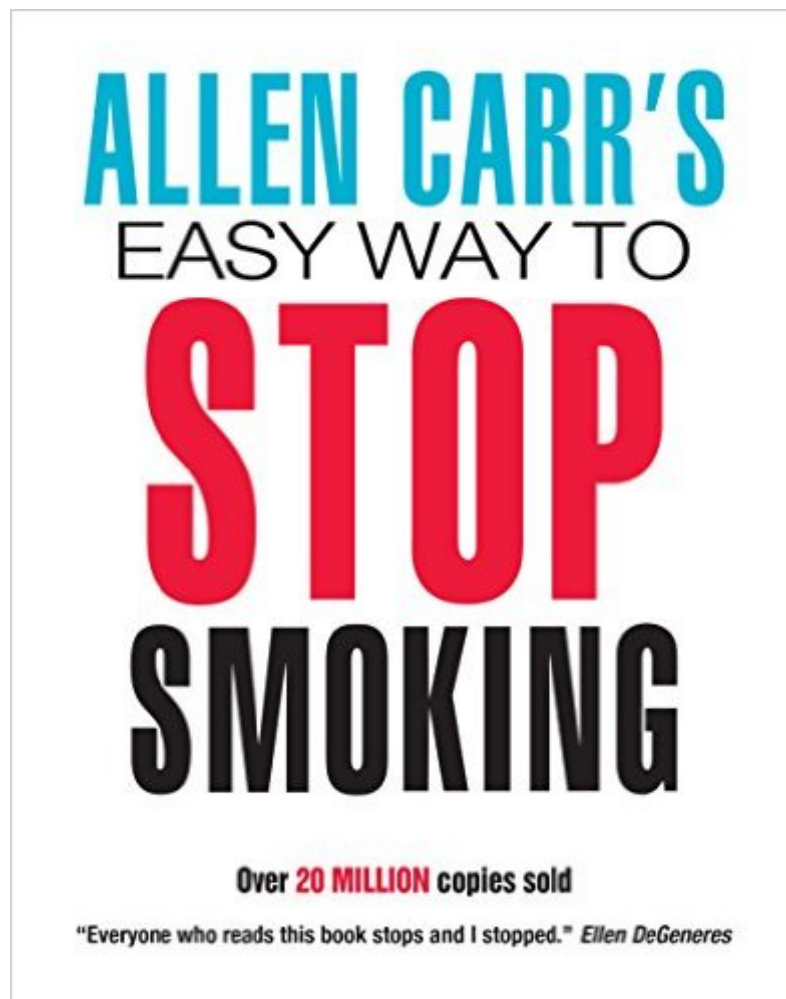




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# Allen Carr's Easy Way To Stop Smoking



## Synopsis

Allen Carr's Easy Way to Stop Smoking is a self-help classic, with over 20m copies sold worldwide. It has been a #1 bestseller in nine European countries. It outsells all other quit smoking titles combined. This edition has been developed specifically for smokers in the US. This seminal book has enabled millions of smokers to quit easily and enjoyably using Carr's simple, drug-free approach. (Allen Carr)

## Book Information

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Average Customer Review: 4.6 out of 5 stars 1,550 customer reviews

Best Sellers Rank: #1,459 in Books (See Top 100 in Books) #1 in Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #7 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #74 in Books > Self-Help > Motivational

## Customer Reviews

"Allow Allen Carr to help you escape painlessly today." --Observer  
"A different approach. A stunning success." --Sun  
"I was exhilarated by a new sense of freedom." --Independent

Allen Carr was an accountant and smoked 100 cigarettes a day until he gave up and wrote this bestselling book. He has built a hugely successful network of stop-smoking clinics across the world and is the author of The Only Way to Stop Smoking, How to Stop Your Child Smoking, The Easy Way to Enjoy Flying and The Easyweigh to Lose Weight. In 2004 Allen published his bestselling autobiography Packing It In (Michael Joseph). He was diagnosed with lung cancer in the summer of 2006 and died in November of the same year. It seems likely that the years he spent curing smokers in smoke-filled sessions at his clinics must have contributed to this illness, but Allen Carr remained positive; "Given that I am informed that I have cured at least 10 million smokers on a conservative estimation, it's a price worth paying."

Purchased and successfully quit within one month. I bought the book and left it on the coffee table for a week or two. Picked it up after I returned from a vacation. Read most (3/4), but to be honest, I never finished the book. I didn't need to. I smoked my last cigarette on July 14, 2015 and I have not looked back. I smoked for over 20 years and now I have been free for over six months. I started smoking when I was in high school, 15 or 16. Was a confirmed, moderate to heavy smoker from that point forward (1/2 pack to pack+ a day). I quit once for about a year in 2005-6, cold turkey. I hated it, was miserable, cried a lot and missed smoking all the time. Felt as though I was denying myself the joy and pleasure of smoking. The last six-plus months have been completely different. I do not miss smoking. I feel relieved of a burden. I am confident I will never smoke again and I am so grateful for that. I wanted to quit. I was ready, but I was intimidated and worried I would again miss it forever, so I just put it off over and over again. Then I remembered someone mentioning this book and I figured for less than \$15 and with the volume of positive reviews, it was worth a shot. I think wanting to quit/being ready is an important piece of why this book worked for me. I was open to the power of suggestion and it helped me shift my perspective on quitting from one of fear and missing out, to one of joy and gratitude. My husband is still a smoker and I can't even get him to turn a few pages, so I know it's a personal decision and one that only the smoker can make... but if YOU are looking for a path to become a non-smoker, I suggest you give this book a try. Good luck!

This book was amazing. It explained and broke down nicotine and how potent and addicting it was. I read it once and then started writing notes that helped me. Half way through second time I felt I was done, and I stopped the chain. It is amazing what you can do when you put your mind to it. It's weird to think I ever smoked and hope my smoking friends would stop too. The book explains it but you feel a weight lifted off your shoulders. It really works but it's up to the reader to believe they want to stop and the will to read and learn. Best wishes and success to anyone reading this.

The Best stop smoking book out there.

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 technique allows one to deflect, evade, and 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 probability 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. The book is quite economical, given the price of the book, at the time, and more frugal when compared to the other smoking cessation 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, again, on the third anniversary: Yippee; I have been a non-smoker, for three years. My 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. Nota bene, the 2011 American edition, of this book, contains changes, not made by the author, that may lessen the smoking cessation success rate, obviously, the revisionist believed otherwise, and did not pay homage to the "If it ain't broke, don't fix it." philosophy, caveat emptor.

Excellent, this worked and also for my friends, two of whom were heavy smokers; try it, what have you got to lose when it costs as much as a pack of cigarettes or two

Great to hear for motivation but didn't work for me. Tried this book and patches throughout 25 years, both several times. I have been smoke free for 4 months now, but what worked for me was Wellbutrin. Whatever works for you, great! As far as this read, it's totally worth checking out. My

roommate swears by this book. He says read it cover to cover in one sitting, and that is how he has remained a non-smoker (well, besides that one year relapse on his trip to Europe). He's so fancy.

I read this book decades ago when I first quit smoking and it spoke to me. For whatever reason, I started up again and knew what I had to do. I bought the book again (Kindle version this time!) and read it before, during, and after I quit until it was done. I appreciate the positive aspect of the information. Quitting smoking is hard. Not smoking is not hard. That makes no sense unless you've read the book. The bottom line is there is no logical reason to smoke, not one. So why do it? I recommend this book to anyone who needs a kick in the hiney to get their quit started. I'm so glad I bought it again.

Best 13\$ I've ever spent, wish I would have read it long ago. I've been a smoker for 17 years and haven't smoked a cigarette in 2 weeks. Feels amazing, no mood swings or anxiety attacks. Im enjoying learning life as a non-smoker...you can too!!

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