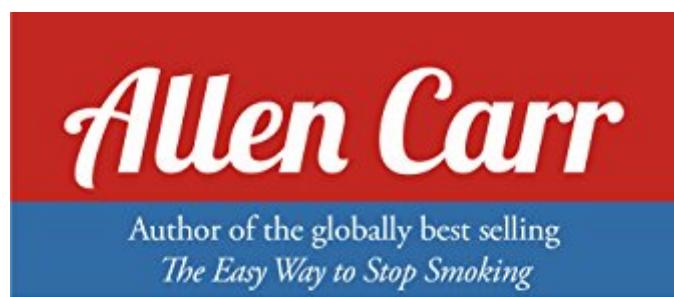


The book was found

## Stop Smoking Now



Stop  
smoking  
now

Allen Carr's  
**Easyway**®

Over 15 million  
books  
sold



## **Synopsis**

Allen Carr's Easyway is the most successful stop-smoking method of all time. It has helped millions of smokers from all over the world quit instantly, easily, painlessly and permanently. Stop Smoking Now is the new, cutting-edge presentation of the method. Updated and set out in a clear, easy-to-read format, this book makes it simpler than ever before to get free. Allen Carr's Easyway does not rely on willpower as it removes your desire to smoke. It eliminates the fears that keep you hooked and you won't miss cigarettes. It works both for heavy and casual smokers and regardless of how long you've been smoking. There are no gimmicks or scare tactics, you won't put on weight, and you can even smoke when you read. **READ STOP SMOKING NOW AND BECOME A HAPPY NON-SMOKER FOR THE REST OF YOUR LIFE**"Allen Carr explodes the myth that giving up smoking is difficult." - The Times "A different approach. A stunning success." - The Sun"Allow Allen Carr to help you escape painlessly today." - The Observer "Instantly I was freed from my addiction. I found it not only easy but unbelievably enjoyable to stay stopped." - Sir Anthony Hopkins

## **Book Information**

File Size: 856 KB

Print Length: 256 pages

Publisher: Arcturus (October 1, 2009)

Publication Date: October 1, 2009

Sold by: Digital Services LLC

Language: English

ASIN: B00L3EZZWU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #356,627 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #31

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

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

Children of Alcoholics #73 in Books > Health, Fitness & Dieting > Addiction & Recovery >

Smoking

## Customer Reviews

I have smoked on and off for 45 years. Thanks to this book I have been a non-smoker since Labor Day. It has been great! Within a week my "Smokers Cough" disappeared completely. My wife said that she used to know where I was in Wal-Mart just by listening for my cough. Allen Carr was a five pack a day smoker until he became a non-smoker. I can't imagine anyone smoking 5 packs of cigarettes a day! I had all I could do to finish 1 pack a day. The book explains how to become a non-smoker without will power and with minimal withdrawal pains. He drums it into your subconscious that if you don't want to smoke it is easy to not do something that you don't want to do. He explains how to conquer the small monster called nicotine addiction in about 3 weeks and also to defeat the large monster which is your mind telling you that you must have a cigarette. The reason you won't need will power if you follow this book is because you will have enough aversion power to overcome your craving for a cigarette. You will understand that you can't smoke just one cigarette. If and when your desire for a cigarette occurs your subconscious mind will short circuit that thought. The longer you are a non-smoker the fewer times you will want a cigarette and the fewer triggers you will experience. Remember, this book, nor patches, gum, pills or whatever will help you stop smoking unless you WANT TO!!! Remember to read ALL of the book. Continue to smoke while you read the Book. Be totally committed to stop smoking and you will be successful and enjoy all of the benefits of being a non-smoker. Good Luck.

I was doubtful a book would help me quit and I'm still not sure if it was the book or me finally being ready to quit. Whatever the case may be, this time feels different than other periods of quitting. I felt more positive, hopeful, and really not even craving from day one, it was weird honestly. The book also helped me gain a slightly new perspective on quitting. It was worth the money and I've since passed it on to a co-worker that's been struggling with quitting.

I didn't believe it could work, but it actually did work for me. It may not give you any information that you aren't already aware of, but it presents it in a way that makes it impossible for a logical person to deny or justify the habit. I was never a heavy smoker, but I loved the cigs I did have daily. This book makes you go back and think about how you started, and think about the justifications you've made, and then tears them down one by one. It killed all the fun for me. If you are a sucker for logic, and want to quit...this is a great book. I have recommended it to all my smoker friends. If only they would actually read it... :( Every time I walk by smokers out on the sidewalk- I thank goodness I am no longer a slave to my addiction.

I've read some of the negative reviews of this book and think that some of them are unfair. I am in agreement though that if you aren't ready to quit -- this is not a miracle cure. I have been a smoker for years -- and as a healthcare worker and daughter of a parent with COPD I am well aware of my need to quit smoking. Quit once years ago for 1 1/2 years and stupidly started up again. I have tried multiple times since then to quit, but have never made it past a couple weeks, which by the way seemed like torture. A friend who was successful in quitting recommended the book. I was skeptical. When I got my motivation again I read the book. It was exactly the boost I needed. In the past I always attempted giving up cigarettes. With the help of this book I got a different attitude. Instead of giving up cigarettes I took back control and a healthier life style. Yes there were some tough moments - there is no easy way out of addiction, but the change in how I looked at quitting (thanks to this book) I consider myself successful. It has been over a year since I quit. I did cheat just a couple times, but have never actually gone back, and I don't intend to. Thank you Allen Carr for sharing your success of quitting and taking back your life!

I can't explain why this works but it does. There isn't anything inside of this book that is groundbreaking, or stuff that you don't likely already know. However as I read it, and then finished it -- I was able to successfully quit. Sure a nicotine craving for the first day or two, but that's the key there. It's a nicotine craving, not a craving for a cigarette. Anyhow it worked well for me, and I've had no issues being around other smokers in previous trigger situations (Glass of wine, after dinner, entertaining etc). Nothing to lose and everything to gain!

I like every other smoker tried to quit, but something would always get me smoking again, Stress boredom fear of gaining weight. As soon as I put out my final cigarette like the book instructs you to the desire to smoke was GONE. I have no idea how it works all I know is it does.

Allen Carr makes sense!

It works! Just put your trust in it and do exactly what he tells you to do. It is pretty great you get to keep smoking while you read the book. I now buy this book and mailing it to anyone that tells me that they really want to quit smoking! Saved my life!

[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) 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 Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) 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 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) 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) Smoking Meat: The Best 55 Recipes of Smoked Meat, Unique Recipes for Unique BBQ: Bundle: Smoking Fish vs Meat: The Best Recipes Of Smoked Food Book1/Smoking Meat: The Best Recipes Of Smoked Meat Book2 Smoking Meat: Fish Edition: Top 25 Amazing Smoked Fish Recipes (Smoked Fish Recipes, Smoked Fish Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System The Smokefree Way: READ YOUR WAY TO STOP SMOKING. THE MOST INNOVATIVE, UP-TO-DATE AND INTELLIGENT QUIT SMOKING METHOD KISS SMOKING GOODBYE: Stop Smoking Using The K.I.S.S. METHOD: Combining Hypnotherapy, Psychology, Physiology, Neurology and Addiction Medicine How I Quit Smoking In 1 Single Day: A chain smoker's true real life story (Stop Smoking) Giving Up Smoking: How to Stop Smoking Cigarettes Once and For All! Living in The Now in Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart and more!): 7 Lessons & Exercises to Stop Your ... Live in the Now (The Secret of Now Book 1) Stop Smoking Now Allen Carr's Stop Smoking Now

Contact Us

DMCA

Privacy

FAQ & Help