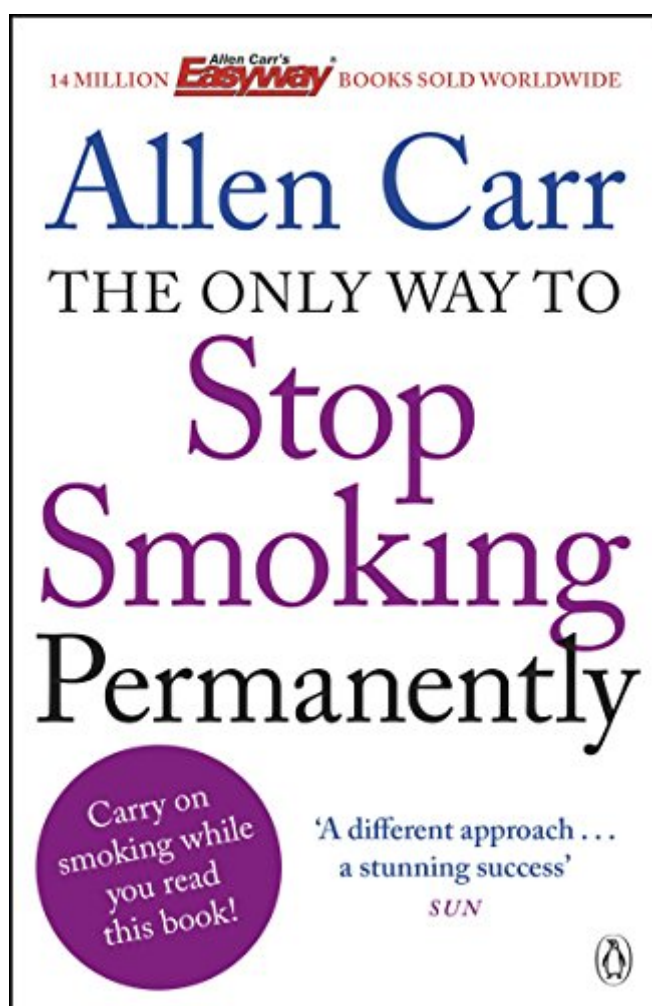


The book was found

The Only Way To Stop Smoking Permanently (Penguin Health Care & Fitness)



Synopsis

Following the enormous success of his bestselling *Easy Way to Stop Smoking*, Allen Carr provides smokers with the motivation to break free from addiction for ever. This book 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 It's time to begin your new life as a non-smoker with Allen Carr's *The Only Way to Stop Smoking Permanently*. A different approach... a stunning success, Sun I was exhilarated by a new sense of freedom, Independent His skill is in removing psychological dependence, Sunday Times Allow Allen Carr to help you escape painlessly today, Obvserver A successful accountant, Allen Carr's hundred-cigarettes-a-day addiction was driving him to despair until, in 1983, after countless failed attempts to quit, he finally discovered what the world had been waiting for - the *Easy Way to Stop Smoking*. He has built a network of clinics that span the globe and gained a phenomenal reputation for success in helping smokers to quit. His books are published in over twenty languages and video, audio and CD ROM versions of his method are also available. His other books include *Allen Carr's Easy Way to Stop Smoking*, *Allen Carr's Easyweigh to Lose Weight* and *The Easy Way to Enjoy Flying*.

Book Information

File Size: 1699 KB

Print Length: 484 pages

Publisher: Penguin (December 2, 1999)

Publication Date: December 2, 1999

Sold by:Â Digital Services LLC

Language: English

ASIN: B002VNFNYW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #377,984 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #44

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Tobacco #96 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #43486 inÂ Books >

Customer Reviews

I actually bought both books :-)The easyway one and the onlyway one.The onlyway is quite a bit longer and more of a narrative style.For some reason the onlyway got through to me whereas the easyway book didn't.Bear in mind that both books are about the easyway to stop smoking.I'm now a happy (seriously) non smoker. Really this is totally different to trying to give up cigarettes using willpower.If you have a rational mind you will appreciate his methods :-)

Yeah it worked, and the important thing, which people seem to miss, is not the "smoking is bad for you" message (which he largely ignores), but the fact that he wants you to smoke while reading it. No risk smoke-lovers, keep smoking. I smoked more in my last week of reading this book than ever before, then I quit, no problem, never a craving. Done. Not a bad read either. 10 years as a non-smoker and counting

I bought this book on the recommendation from a friend. I was about 1/4 way through it when my girlfriend decided to start reading it. she finished it in a day and a half, and instantly proclaimed herself a non-smoker. I read it over the course of a week, but I, too, quit after reading it. It's basically a brain washing motivational type book. It reiterates how awful smoking is, what it does to you, how much it smells, how bad it tastes, etc... Whatever you want to call it, the fact is we both quit after reading it.

I read this book years ago and it it was amazing I bought it again for my friend who is struggling to stop smoking and she doesnt realise how easy it is with this book, no stress, no withdrawl symptoms its amazing really is easy to stop and your life feels so much better. What do you have to loose you read a book if it works then happy days if it doesnt then no harm done but if you really want to stop and your read this book and take it in you will stop I will put my life on it:-)

This book was the key to my quitting smoking. After 30 years of the vile habit, I had used every method out there to try to quit. Nothing ever stuck until this book. I have been smoke free for over 3 years now with no desire to ever go back. This method was honest to God painless and easy. I was shocked and thrilled. I had a stroke and a heart attack and still couldn't quit until this book helped me. It may well have saved my life.

As a smoker for over 20 years, I never thought I could quit...I could not imagine not needing to smoke. Then my best friend quit and told me about this book she had read which "made it easy". So I got the book and now I too am a happy non-smoker! And it was EASY...no cravings, nothing! I never would have believed it could be so easy and painless. Not only do I feel better physically but my mental outlook has improved 100% too. Within minutes of having the last cigarette, I know that Mr. Carr's method was going to be successful because I had no urge to smoke! Not then and not now! My only suggestion for anyone who wants to use this book to quit is to set aside a couple of days without distractions to really focus on the contents (its alot of reading) and then quit. Carrs method requires you to be in a certain "headspace" and it just seems easier to get there by focusing completely on the book.(I started it on Friday night and quit on the following Sunday night.) I should add that I wasn't overly motivated to quit but after reading this book, I was able to stop cold turkey with NO PROBLEM (and I smoked over a pack a day!) I just wish I had read this book years ago! If you are a smoker, try this method, its easy, cheap (only the cost) of the book and most important, IT WORKS!

If theres a book that changed my life, it is indeed this one ! Allen Carr has hit the jackpot i think. I could relate to the entire book and have been through what he has written.I WAS a smoker, and a chain one, might i add, like 25-30 cig. every day for over 13 years and have tried many ways to quit.None worked for more than 6 months. Besides being able to quit, this book has eradicated the thought of a smoke for nearly a year now. I dont even want to smoke when eveyrone around me is smoking, and THAT IS AN AMAZING FEELING.Anyone who wants to quit, read the book IN ONE SITTING. i started at 9am and finised by 12 midnight and it worked. so all the best to the would-be non smokers. WELCOME TO MY WORLD !

Disappointed I didn't read this earlier. After 18 years of smoking, I quit even before finishing the book. Months later and still a non-smoker (as I will be forever). No cravings, no side effects.. Just happier, healthier and wealthier.

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

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) Stop Smoking: Stop Smoking

Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes for Life (Quit Smoking Method) The Only Way to Stop Smoking Permanently (Penguin Health Care & Fitness) Only Way To Stop Smoking Permanently (Penguin Health Care & Fitness) Quit Smoking: Stop Smoking Now Quickly And Easily- The Best All Natural And Modern Methods To Quit Smoking (Quit Smoking Now Quickly & Easily So You Can ... & Defeat Nicotine Addiction Once & For All) The Only Way to Stop Smoking Permanently Easy Way to Stop Smoking (Penguin Health Care & Fitness) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) How to Quit Smoking Now :The Natural, Fast, and Easy Way: (A Step by Step Process on How to Stop Your Smoking Addiction Now) Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Stop Drinking Now: The Easy Way To Stop Drinking (I Need To Stop Drinking) Atkins Diet:The 1# Atkins Diet Guide To Free Yourself of Stubborn Fat And Permanently Keep It Off!(FREE BONUS) (Low Carb Diets, Food Counters, Low Carb,Two-Hour Health, Fitness & Dieting Short Reads) Aha Guide to the Health Care Field 2009 Edition: United States Hospitals, Health Care Systems, Networks, Alliances, Health Organizations, Agencies, ... Association Guide to the Health Care Field) The Easy Way to Stop Smoking Allen Carr's Easy Way to Stop Smoking Allen Carr's Easy Way to Stop Smoking: Revised Edition Allen Carr's Finally Free! The Easy Way to Stop Smoking for Women Easy Way to Stop Smoking

[Dmca](#)