

Allen Carr's Easy Way to Stop Smoking: Revised Edition

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Allen Carr's Easy Way to Stop Smoking is the one that really works. It is the world's bestselling book on how to give up smoking and over nine million copies have been sold worldwide. 2015 marks the 30th anniversary since this ground-breaking book's first publication. 'It didn't take any willpower. I didn't miss it at all and I was free' Ruby Wax Read this book and you'll never smoke another cigarette again. THE unique method: No scare tactics No weight-gain The psychological need to smoke disappears as you read Feel great to be a non-smoker Join the 25 million men and women that Allen Carr has helped give up smoking. '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 'Instantly I was freed from my addiction. I found it not only easy but unbelievably enjoyable to stay stopped' Sir Anthony Hopkins

Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY and went on to write a series of bestselling books, most famously The Easy Way to Stop Smoking. Now, over 13 million stop smoking books have been sold in 57 countries and 38 languages around the world. Allen's lasting legacy is a dynamic, on-going, global publishing programme which helps treat a range of issues including smoking, weight, alcohol and other drug addictions. "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

Other Books

Allen Carr's Easy Way for Women to Lose Weight. "Are you unhappy with the weight you are? In The easy way for women to lose weight, Allen Carr addresses the difficulties that women face in trying to lose weight. Diets don't work and just lead to a feeling of deprivation, which can cause food disorders like binge-eating. By explaining why you feel the need to eat junk food and, with simple step-by-step instructions to set you free from this addiciton, Carr shows you how to eat for a healthier, happier life."--Back cover.

Are you unhappy with the weight you are? In The easy way for women to lose weight, Allen Carr addresses the difficulties that women face in trying to lose weight."