

# Allen Carr's Quit Drinking Without Willpower: Be a happy nondrinker (Allen Carr's Easyway, 2)

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READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE.

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 to quit. In Quit Drinking Without Willpower, Allen Carr's Easyway method has been applied to problem drinking. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, he shows you how to escape from the alcohol trap.

- ☐ A unique method that does not require willpower
- ☐ Removes the desire to drink alcohol
- ☐ Stop easily, immediately, and painlessly
- ☐ Regain control of your life

What people say about Allen Carr's Easyway method:

"I read the book in one day and I never drank again."  
Nikki Glaser

"The Allen Carr program was nothing short of a miracle."  
Anjelica Huston

"His skill is in removing the psychological dependence."  
The Sunday Times

"I know so many people who turned their lives around after reading Allen Carr's books."  
Sir Richard Branson

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 16 million books. His Easyway method has been successfully applied to a host of issues including weight control, alcohol and other addictions and fears.

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.

☐ ☐ ☐ ☐ ☐ . &quot;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."