

# The Easy Way To Stop Drinking Allen Carr

**Allen Carr, John Dacey**

**The Easy Way to Stop Drinking** Allen Carr, 2005 Carr offers a startling new view of why we drink and how we can escape the addiction. Only when we step away from the supposed pleasures and understand how we are being duped to believe we are receiving real benefits can we begin to live our lives free from any desire or need for drinking.

**Allen Carr's Easy Way to Control Alcohol** Allen Carr, 2009-11-03 READ ALLEN CARR'S EASY WAY TO CONTROL ALCOHOL AND BECOME A HAPPY NON-DRINKER FOR THE REST OF YOUR LIFE. Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally best-selling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies. In this classic guide, Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple, step-by-step instructions, he shows you the way to escape from the 'alcohol trap' in the time it takes to read this book. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REMOVES THE PSYCHOLOGICAL NEED TO DRINK • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: The Allen Carr program was... nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

*The Illustrated Easy Way to Stop Drinking* Allen Carr, 2014-09-01 READ THIS BOOK, FOLLOW THE INSTRUCTIONS AND STOP DRINKING NOW. Allen Carr's Easyway method has helped millions of people to quit smoking, alcohol and other drugs, as well as to stop gambling, over-eating and getting into debt. It will show you the way to escape from the alcohol trap. With the brilliant illustrations of Bev Aisbett, this handy pocket book presented in a truly refreshing, accessible, dynamic, funny and enjoyable way. What people say about Allen Carr's Easyway method: The Allen Carr program was nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from my addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

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tailored to their needs. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, Allen Carr shows you how to escape from the alcohol trap. This book comes with several assurances: You won't feel like you're being talked down to; there are no scare tactics or gimmicks; you won't feel deprived; and you won't miss drinking. What people say about Allen Carr's Easyway method: The Allen Carr program was nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from my addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

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Allen Carr's Quit Drinking Without Willpower Allen Carr, 2018-07-31 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's Easy Way to Quit Emotional Drinking** Allen Carr, John Dacey, 2023-05-01 FREE YOURSELF FROM YOUR PSYCHOLOGICAL DEPENDENCE ON ALCOHOL WITH THE WORLD-RENOWNED, INTERNATIONALLY BESTSELLING EASYWAY METHOD. Problem drinking begins with emotions. The desire to have just the one to relax after work. The turning

to a bottle of wine when things are going wrong and you're feeling stressed. The big special days, such as birthdays and Christmas, which we believe wouldn't be the same without a drink. Meanwhile, this wrongful belief is wreaking havoc with our health, relationships, finances, and lives. This destructive cycle can end. With Allen Carr's Easyway method, you have the power to stop drinking without willpower and without missing out. The world-renowned, clinically-proven Easyway method has helped an estimated 50 million people with their behavioral issues and addictions. It works by unraveling the cognitive brainwashing that leads you to desire the very thing that is harming you. By explaining why you feel the need to drink, and with simple step-by-step instructions to set you free from this addiction, celebrated addiction therapist Allen Carr shows you how to escape from the emotional drinking trap and enjoy a healthier, happier life. • A unique method that does not require willpower • Removes the psychological need to drink alcohol • Relieves 'hangxiety' and other stresses caused by alcohol • Shows you to be a happy non-drinker Read *The Easy Way to Quit Emotional Drinking* and take control of your life. 'Mr Carr was an incredible source of inspiration and influence on the subject of drug addiction. I, and many other influential authors, learned from Allen's revolutionary ideas, discoveries and understanding of addiction.' - Annie Grace, bestselling sobriety author.

*Stop Drinking Now* Allen Carr, 2015 Allen Carr's Easyway method (for stopping smoking) 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.

**No More Hangovers** Allen Carr, 2009-12 Self help.

**Summary of Allen Carr's *The Easy Way to Stop Drinking*** Everest Media, 2022-03-25T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The belief that alcoholism is a fatal illness is widely supported by the medical community and society at large. However, there are many doctors who do not support AA's view. #2 The support and genuine benefit that AA gives to alcoholics is unlike anything else available. However, the cornerstone of its philosophy is the idea that alcoholism is a disease that cannot be cured. #3 The cure for alcoholism is in your hands. If you believe you have a drinking problem, it is worth investigating a cure, particularly when that cure claims to be instant, easy, enjoyable, and permanent. #4 The question you should be asking is: Why do people fly from all over the world to consult this insignificant, lone individual, who has no medical training. The answer is simple: Because he is widely regarded as the world's leading expert on the subject.

**Summary of Allen Carr's *The Easy Way to Control Alcohol* by Milkyway Media** Milkyway Media, 2019-12-22 Are you still in control of your drinking? Or is the alcohol controlling you? In *The Easy Way to Control Alcohol* (2001), self-help author Allen Carr explains his method for quitting alcohol use altogether, without suffering withdrawal or subsequent cravings... Purchase this in-depth summary to learn more.

Your Personal Stop Drinking Plan Allen Carr,2017-09

Stop Drinking Now Allen Carr,2014-11-17 READ STOP DRINKING NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway is a global phenomenon. It has helped millions of smokers from across the world to quit. Stop Drinking Now applies Allen Carr's Easyway method to problem drinking. It works by unravelling the psychological brainwashing that has led you to crave the very thing that is harming you. Then, through simple step-by-step instructions, it sets you free 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: The Allen Carr program was nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from my addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence The Sunday Times

Easy Way to Control Alcohol Allen Carr,2009 Step by step, with devastating clarity and simplicity, he dispels all the illusions that surround the subject of drink and can make it seem impossible to imagine a life without alcohol. He shows us that once we step away from all the imagined pleasures of alcohol and understand how we are duped into believing that we receive real benefits from it, we can lead our lives free from any desire or need for drink.

**Allen Carr: The Easy Way to Quit Cannabis** Allen Carr,John Dacey,2022-01-01 Do you feel trapped by your addiction to cannabis? Is your motivation and lust for life being sapped by an obsession with your next joint? If so, then this book is for you. Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. This book applies that tried-and-tested method to the problem of marijuana addiction. With clear no-nonsense guidance, this book gives you a structured, easy-to-follow method for getting free from cannabis painlessly and immediately. The ingenious thing about the Easyway method is that it doesn't rely on willpower. Instead it works by unravelling the cognitive brainwashing behind your addiction. This means that you will not only be set free from your cannabis addiction but you will also find it easy and even enjoyable to quit: • Without using willpower, aids, substitutes, or gimmicks • Without envying partners, friends or colleagues who use cannabis • Without suffering anxiety, depression, or unpleasant withdrawal symptoms This method is effective for anyone who consumes cannabis in any form, including joints, bongs, edibles, capsules, vape or other methods. Simply read this book and become a happy, cannabis-free person for the rest of your life. What people say about Allen Carr's Easyway method: Allen Carr's international bestseller...has helped countless people quit. Time Out New York His skill is in removing the psychological dependence. The Sunday Times

**Allen Carr: The Easy Way to Quit Cocaine** Allen Carr,John Dacey,2022-04-01 READ TO THIS BOOK AND BECOME HAPPILY COCAINE-FREE FOR THE REST OF YOUR LIFE. Are you losing yourself because of your addiction to cocaine? Is it hurting your relationships, self-esteem and sense of fulfillment? Allen Carr's Easyway method will set you free from the

tyranny of cocaine and enable you to get your life back! Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction which has since been successfully applied to a variety of addictions and behavioral issues. This book applies that tried-and-tested method to the problem of cocaine addiction, giving you a structured, easy-to-follow method for getting free from cannabis painlessly and immediately. The ingenious thing about the Easyway method is that it doesn't rely on willpower. Instead it works by unraveling the cognitive brainwashing behind your addiction. This means that you will not only be set free from your cocaine addiction but you will also find it easy and even enjoyable to quit. • No willpower, aids, substitutes or gimmicks necessary • No anxiety, depression, or unpleasant withdrawal symptoms • Effective for anyone who consumes cocaine, in any form This book is designed to help busy people, who appreciate clear no-nonsense guidance. Simply read, follow the steps and become a happy, cannabis-free person for the rest of your life. What people say about Allen Carr's Easyway method: Allen Carr's international bestseller...has helped countless people quit. Time Out New York His skill is in removing the psychological dependence. The Sunday Times

*Allen Carrs Easy Way to Control Alcohol* Allen Carr,2006-06-13

**The Easy Way to Control Alcohol** Allen Carr,2009

*The Easy Way to Quit Caffeine* Allen Carr,2016-09-15 In a fast-paced world, many people turn to caffeine to stay energised. Over 80 per cent of adults in the UK use caffeine every day, but when does this habit become a reliance? Caffeine is a bitter addictive drug which attacks the central nervous system and makes you jittery. Fooling you into thinking you are more alert, caffeine will often disrupt your sleep and actually increase overall fatigue. Quite simply, it's bad for you with no real benefits. In this concise pocket book, Allen Carr addresses the difficulties that coffee-drinkers and fizzy drink consumers face in trying to quit caffeine. By explaining what caffeine does to your body, and providing simple step-by-step instructions to free you from your addiction, Carr shows you how to lead a happier, healthier and more chilled life.

The Easy Way to Stop Gambling Allen Carr,2013-09-08 READ THIS BOOK AND BECOME A HAPPY NONGAMBLER FOR THE REST OF YOUR LIFE Allen Carr's Easyway is a global phenomenon. It has helped millions of smokers from all over the world, and has also been successfully applied to a wide range of other issues, including drinking, overeating, and overspending. Here the method addresses the fastest growing social problem of modern times: gambling. Allen Carr explains how gamblers fall into the trap and why they keep gambling despite knowing that it's ruining their lives. By explaining the nature of the trap, he removes the desire to gamble and the fears that keep you hooked. Most important of all, you will not feel that you've made a sacrifice, you will not miss gambling, and you will enjoy life to the full without feeling in any way deprived. What people say about Allen Carr's Easyway method: The Allen Carr program was nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from my addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

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