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THE BEST-SELLING EASYWAY METHOD APPLIED TO COCAINE ADDICTION Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. This book applies that incredible method to the problem of cocaine addiction. It will give you advice about habitual triggers and how to understand that cocaine has no benefits for you - not even that of feeling good. Through following this method, you will not only be set free from your cocaine addiction but you will also find it easy and even enjoyable to quit. • Without using willpower, aids, substitutes, or gimmicks • Without gaining weight • Without suffering anxiety, depression, or unpleasant withdrawal symptoms This book is designed to help busy people, who appreciate clear no-nonsense guidance. It gives you a structured, easy-to-follow method for getting free from cocaine painlessly and immediately. What people say about Allen Carr's Easyway method: "Allen Carr's international bestseller...has helped countless people quit." Time Out New York "If you want to quit ... its called the Easyway ... I'm so glad I quit." Ellen DeGeneres "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 There is a growing community of people who are turning to homesteading. The allure of homesteading can be obvious: it allows you to stay home more, be more self-sufficient, and slow down to enjoy "the simple life." Some of the benefits may be more subtle. For example, you have a better diet and spend less money. Study homesteading in detail. Begin by reading the books in this boxed collection. The author offers a step-by-step approach to stop smoking without the use of nicotine substitutes. Is your workload overwhelming? Does it just keep mounting up while your stress levels reach fever pitch? In Getting Things Done David Allen teaches you how to keep a clear head, relax and organise your thoughts while implementing the methods that he has introduced at organisations like Microsoft, Lockheed and the US Department of Justice: Learn the 'do it, delegate it, defer it, drop it' principle to empty

your in-tray. Handle e-mail, paperwork and unexpected demands in a system of self-management. Plan and progress projects. Reasses goals and stay focused. Apply the two minute rule when deciding what to do now and what to defer. Overcome feelings of anxiety and being overwhelmed. With clear and specific methods and advice, David Allen's tried and trusted formula for business efficiency could transform the way you operate and your experience of work. THE BRAND-NEW UPGRADE OF THE WORLD'S BEST-SELLING STOP SMOKING BOOK OF ALL TIME. Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. This book is the most up-to-date, cutting-edge, best-practice version of this method. It now includes advice on important contemporary issues such as vaping, cannabis, JUUL, the association between smoking and self-harm & anxiety, the dopamine issue, and more advice about habitual triggers. Through following this method, you will not only be set free from your smoking or vaping addiction but you will also find it easy and even enjoyable to quit. • Without using willpower, aids, substitutes, or gimmicks • Without gaining weight • Without suffering anxiety, depression, or unpleasant withdrawal symptoms • Without envying partners, friends or colleagues who smoke/vape This book is designed to help busy people, who appreciate clear no-nonsense guidance. It gives you a structured, easy-to-follow method for getting free from nicotine painlessly and immediately. What people say about Allen Carr's Easyway method: "Allen Carr's international bestseller...has helped countless people quit." Time Out New York "If you want to quit ... its called the Easyway ... I'm so glad I quit." Ellen DeGeneres "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 Allen Carr, international bestselling author of The Easy Way to Stop Smoking, addresses your worries about plane travel in Allen Carr's Easy Way to Enjoy Flying. Learn to ENJOY your holidays and NEVER fear flying again! Read this ebook and flying will become a happy, stress-free experience for life. THE unique method pioneered by Allen Carr dispels all the most common flying fears as well as revealing the truth behind media scare stories. It removes the root of the fear, not just the symptoms and is packed with tips to help you on your next flight. Allen Carr, author of the world's bestselling guide to stopping smoking, uses his unique approach to help make flying an enjoyable part of your work or holiday. By the time you have finished reading this ebook you will be looking forward to taking your next flight. A satisfied Amazon customer says: 'I still can't believe that something as simple as reading a book could allay what had pretty much become a phobia, but I can assure you it really does work. I consider myself CURED!' 'His method is absolutey unique' - Sir Richard Branson Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY. Having cured his own addiction he went on to write a series of bestselling books, most famously The Easy Way to Stop Smoking. His books have sold more than 13 million copies worldwide. Allen's lasting legacy is a dynamic, ongoing, global publishing programme and an ever-expanding worldwide network of clinics which help treat a range of issues including smoking, weight, alcohol and 'other' drug addiction. 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. All the essentials in one concise volume The Easyway method is as successful for women as it is for men, but many of the issues are perceived differently by women - as their questions in Easyway sessions reveal - and particular difficulties face women who want to quit the habit. Drawing on years of experience at Easyway clinics, this classic work examines these difficulties - engagin... Since 1992's first edition of this bestselling book, the futures market has changed incredibly—Internet access and electronic trading dominate the market, options have grown in importance, and a greater number of futures markets exist worldwide. All About Futures, Second Edition, covers all the updated basics of futures trading for the beginner, and illustrates trading strategies from the simple to the complex for experienced traders who need to brush up on their skills. An integral element in McGraw-Hill's All About series, this completely revised and updated book discusses: \*Detailed Internet strategies for effective electronic trading \*Basic approaches to technical analysis and anticipating price direction \*Insights on working with a broker and developing a trading strategy 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 Patrick O'Neil is a travel agent who never goes anywhere. His closest confidante, Sharon, is chain-smoking her way to singles hell, passing up man after man. His parents, proprietors of a suburban men's store whose fortunes are sagging more visibly than its customers, can't agree how best to interfere in their sons' lives. And his lover, Arthur (a nice golden retriever of a guy to whom Patrick can't quite commit), wants to cement their relationship by buying a house. Then a call comes in the middle of another sleepless night. Tony, Patrick's straight-as-an-arrow younger brother, has fallen in love with a beautiful lawyer who is turning him on to...opera. Unfortunately, she's not the woman he's already pledged to marry. Tony's life is a mess. Finally, the brothers have something in common. Over 80 per cent of adults in the UK use caffeine every day. But at what point, did they consciously decide to consume it daily and begin to feel uneasy if they didn't? Caffeine is a bitter addictive drug which acts as a natural insecticide. It attacks the central nervous system and makes people jittery. It fools you into thinking you are more alert. Quite simply, it's bad for you with no actual benefits. In The Easy Way to Quit Caffeine, Allen Carr addresses the difficulties coffee-drinkers - and fizzy drink consumers - face in trying to quit caffeine. By explaining why you feel the need for caffeine and with simple step-by-step instructions to set you free from your addiction, Carr shows you how to lead a happier, healthier, more chilled life. "Allen Carr's Easyway is the most effective stop-smoking method of all time and it has now been successfully applied to a wide range of other issues. Here the method focuses on one of the fastest-growing problems of modern times: women's drinking. Alcohol blights women's lives often in a different way to men's: women tend to stay at home drinking alcohol; women often feel particular shame over drinking too much; drinking around children can be a particular burden; in summary there are a lot of added pressures on women to stop drinking and often they feel this is an impossible task. Luckily, Allen Carr's Easyway makes it easy to stop drinking. It's the tried-and-tested cessation method that really works. With startling insight into why women drink and clear, simple, step-by-step instructions, Allen Carr 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 will power. Stop easily, immediately, painlessly and permanently. This book removes the psychological need to drink. Regain control of your life" -- "This revised and updated presentation of the bestselling Easyway method features an audio CD with Allen Carr himself reading a stop smoking session. The Easyway method really works. Allen Carr has sold over 15 million books and helped countless more to quit through his network of clinics. All of this through recommendation and word of mouth. His method removes the need for willpower, and people don't suffer pangs or weight gain. Allen Carr's books have sold over 15 million copies to date in more than 25 different languages and Stop Smoking Now is the newest presentation of the Easyway message, updated for the 21st century but still centred on the world's most effective stop-smoking programme the tried and tested Easyway method, 'the one that works'. This inspirational pack contains a fully up to date version of The Easyway to stop smoking, Allen Carr's globally best selling title, together with a specially recorded CD which amounts to a private consultation with Allen himself, Stop easily, immediately, permanently. Try it!"-- Publisher's description. Do you eat when you're not hungry? Or when you're angry and upset? Do you eat to control your feelings? Allen Carr's Easyway is the most successful self-help stop-smoking method of all time. It has helped millions of smokers all over the world to quit, and has since been used to treat other addictions such as drinking and gambling. Allen Carr's Easyway method works by unravelling the brainwashing that leads us to desire the very thing that is harming us, meaning that we are freed from the addiction rather than merely restricting our behaviour. The Easyway method has now been applied to the problem of emotional eating. With Allen Carr's Easyway method, you can eat as much of your favourite foods as you want, whenever you want, as often as you want, and be the exact weight you want to be, without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe?

Read this book. What people say about Allen Carr's Easyway method: "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 Smoking. A guidebook primarily for adults, with or without writing experience, who wish to leave evidence of their lives for others. COMPLETELY SUPPRESS YOUR SMOKING CRAVINGS WITHOUT EFFORT OF WILLPOWER WITHIN 4 DAYS MAXIMUM - OR THE TRIAL IS FREE! WHAT DO DOCTORS DO WHEN THEY WANT TO QUIT SMOKING? "I'm a doctor and I've been a chain smoker for 12 years. Then, on March 2, 1991, I discovered Allen Carr's method. I lost my craving to smoke the same day and I've never touched a cigarette since! As a throat surgeon, I can testify to the serious damage that smoking causes. Allen Carr's method is the only one I've been recommending for 28 years to my patients. I strongly believe that any smoker who wants to quit smoking should at least try it, especially now, as it's available in a new updated Pareto version." Dr R. Oliver MANY DOCTORS, WHO WERE ONCE HEAVY SMOKERS, STOPPED SMOKING THANKS TO ALLEN CARR. SO, IT'S NO SURPRISE WHY THEY RECOMMEND HIS METHOD TO THEIR PATIENTS: "MY DOCTOR RECOMMENDED IT TO ME as I broke down in tears in his office. I felt I just could not stop smoking. Today, I'm smoke-free and SO HAPPY!" Bernadette C., NY "MY DOCTOR RECOMMENDED IT, AS SHE WAS UNABLE TO QUIT WITH ANY OTHER METHOD EXCEPT THIS ONE. She didn't believe it would work, but it did." Michelle S., USA AFRAID OF WITHDRAWAL SYMPTOMS? OR GAINING WEIGHT? READ WHAT DR CARMEN G. ROMANIA HAS TO SAY: "I used to smoke. In my previous attempts, I did put on some pounds - and I started smoking again. But not with this method: YOU WILL NOT GAIN WEIGHT, NOT BE NERVOUS, NOT FEEL DEPRIVED, NOT ENVY SMOKERS. You will be free and happy." BEEN SMOKING FOR 10 YEARS OR MORE? A PACK OR MORE PER DAY? READ THIS: "After being a pack a day smoker for 20 years. SINCE I STOPPED SMOKING, I HAVE LOST 20 LBS AND FOUND THE WOMAN OF MY DREAMS." D. C., NYC, NY "AFTER BEING A SMOKER FOR 20 YEARS, IT'S BEEN OVER 11 YEARS SINCE I BECAME A NON-SMOKER and I don't miss it at all. I RUN ULTRA-MARATHONS NOW!" Marina D., USA "I QUIT A 3 PACK A DAY ADDICTION. IT'S NOW BEEN OVER 10 YEARS SINCE I'VE HAD A CIGARETTE. I'VE BECOME A HAPPY, HEALTHY FATHER, AND TAKEN UP 100+ MILE CYCLING RIDES. This system is amazingly simple and, best of all, it works." Mr. K. K., USA LIKE SMOKING TOO MUCH TO QUIT? READ THIS: "This is amazing to me, as I REALLY DIDN'T WANT TO QUIT SMOKING BECAUSE I LOVED IT SO MUCH. Still, I decided to give it a shot. 10 YEARS LATER, I'M STILL SMOKE FREE!! It was way easier than I ever dreamed it could be. I never used any drugs or other smoking aids." Kris J., WI "National 12-month Clinical Trial finds Allen Carr's Easyway almost TWICE AS EFFECTIVE AS OTHER SMOKING CESSATION METHODS AVAILABLE on Health Service." The British Medical Journal DID ALLEN CARR DISCOVER THE BEST METHOD TO QUIT SMOKING EVER DEVELOPED? Could so many doctors & 30 million happy ex-smokers be wrong? And, could the latest digest version of his method give even better results than the original versions? Read on... TRY THIS METHOD - RISK-FREE: Try the latest digest version of Allen Carr's easy way to stop smoking. Invest ONLY ONE HOUR to read it. If, by the end of the day (4 days max.), your craving to smoke has not completely disappeared without effort of willpower and without gaining weight. Or, if for any other reason, you are not 100% satisfied, then let us know and you will be completely refunded. Take advantage of our special offer "I quit in JAN2020" and get it for half price: only \$5,99 - instead of \$11,99 (ends January 31). Make one of the most important decisions - risk-free! Here's to a much happier, tobacco-free life! STILL SKEPTICAL? If you've already tried various ways to stop smoking without success it may sound strange that you can stop smoking just by reading a short book. But, what do you have to lose? And what do you have to gain? Now, the choice is yours. Peter Senge, founder and director of the Society for Organisational Learning and senior lecturer at MIT, has found the means of creating a 'learning organisation'. In The Fifth Discipline, he draws the blueprints for an organisation where people expand their capacity to create the results they truly desire, where new and expansive patterns of thinking are nurtured, where collective aspiration is set free, and where people are continually learning together. The Fifth Discipline fuses these features together into a coherent body of theory and practice, making the whole of an organisation more effective than the sum of its parts. Mastering the disciplines will: \*Reignite the spark of learning, driven by people focused on what truly matters to them. \*Bridge teamwork into macro-creativity. \*Free you from confining assumptions and

mind-sets. \*Teach you to see the forest and the trees. \*End the struggle between work and family time. The Fifth Discipline is a remarkable book that draws on science, spiritual values, psychology, the cutting edge of management thought and Senge's work with leading companies which employ Fifth Discipline methods. Reading it provides a searching personal experience and a dramatic professional shift of mind. This edition contains more than 100 pages of new material about how companies are actually using and benefiting from Fifth Discipline practices, as well as a new foreword from Peter Senge about his work with the Fifth Discipline over the last 15 years. Do you want to free yourself from worry and anxiety? Allen Carr's Easyway method has brilliantly transformed lives all over the world, setting out a wonderful practical pathway to help free millions from a whole variety of addictions. It strips away the illusions that leave us prey to negative thoughts and behaviours, showing us how to gain clarity and control if we focus on who we truly are rather than being distracted by those things that harm and trouble us. The key to peace of mind lies within. Mindfulness lies at the heart of Allen Carr's philosophy and this book shares the proven principles of mindfulness with a wider audience in simple accessible terms that apply to real life and provide a tangible, practical outcome: YOUR HAPPINESS. Do you pull out your phone at every idle moment? Do hours slip away as you mindlessly scroll? Has your smartphone added a level of detachment between you and the outside world? Sadly technology which should be a wonderful boon to us has started to blight our lives. The average adult spends nearly ten hours a day looking at digital screens, leading to unprecedented levels of stress, isolation, procrastination and inertia. The fact is that digital dependence is an addiction and should be treated as such. Allen Carr's Easyway is a breath of fresh air when it comes to addiction treatment. Tried and tested as an incredibly successful stop-smoking method, its principles have since been applied to other addictions such as alcohol, gambling and caffeine with outstanding results. Here, for the first time, the Easyway method has been used to overcome digital addiction, and it really works! Smart Phone Dumb Phone rewires our relationship to technology. By unravelling the brainwashing process behind our addictive behaviour, we are freed from dependence and can reassert control over our time and productivity. Including 20 practical steps to help you along your way, this wonderful guide will release you from the clutches of your smartphone and allow you to live in the moment. It truly is the easyway. Allen Carr's 100 cigarettes-a-day addiction drove him to despair, but, after countless attempts to quit, he eventually kicked the habit. This is an updated edition of his bestselling guide to giving up smoking. READ THIS BOOK 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 all over the world. In The Easy Way for Women to Stop Drinking, Allen Carr's Easyway method has been applied to problem drinking for women, acknowledging that women who want to stop drinking face particular difficulties-and 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 "Set yourself free from binge-eating and comfort-eating"--Cover. EVAN IS A SUICIDE ASSISTANT. HIS JOB IS LEGAL - JUST. 'A poignant, sharply funny story that raises questions about life, death, and love' Louise O'Neill 'You might just want to find and hug a nurse after finishing this thoughtful and ethically nuanced novel' Guardian Evan is the one at the hospital who hands out the last drink to those who ask for it. Evan's friends don't know what he does during the day. His mother, Viv, doesn't know what he's up to at night. And his supervisor suspects there may be trouble ahead. As he helps one patient after another die, Evan pushes against the limits of the law - and his own morality. And with Viv increasingly unwell, his love life complicated, to say the least, Evan begins to wonder who might be there for him, when the time comes. From an award-winning author, The Easy Way Out is a brilliantly funny and exquisitely sad novel that gets to the heart of one of the most difficult questions each of us may face: would you help someone die? Durig provides ideas and examples that enable the reader to understand and recognize autism, and prepare for interaction with autistic people. He explains how autistic perception 'works' and how it yields autistic behaviours, to enable readers to see the world through the eyes of an

autistic person, and thus change the way they perceive autism. Allen Carr, international bestselling author of *The Easy Way to Stop Smoking*, helps you to take off the pounds in Allen Carr's *EasyWeigh to Lose Weight*. Lose weight without dieting, calorie-counting or using will-power. Allen Carr's revolutionary eating plan allows you to enjoy food, savour flavours all while you're losing weight. You can:

- Eat your favourite foods
- Follow your natural instincts
- Avoid guilt, remorse and other bad feelings
- Avoid worrying about digestive ailments or feeling faint
- Learn to re-educate your taste
- Let your appetite guide your diet

Allen Carr, author of the world's bestselling guide to giving up smoking, uses his unique approach to help you lose weight simply and easily in no time at all - in *Easyweigh to Lose Weight*. A happy reader says: 'I've found the answer I've been looking for for 20 years! I've done every diet you can think of. My sister urged me to buy the book - and I'm so glad I did! It isn't someone telling you what to do, it isn't a weird eating plan, IT ISN'T A DIET! There's no guilt... There's no struggle... There's no restrictions... You just know what to do and you know you want to do it and why!' Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY. Having cured his own addiction he went on to write a series of bestselling books, most famously *The Easy Way to Stop Smoking*. His books have sold more than 13 million copies worldwide. Allen's lasting legacy is a dynamic, ongoing, global publishing programme and an ever-expanding worldwide network of clinics which help treat a range of issues including smoking, weight, alcohol and "other" drug addiction.

Java is the world's most popular programming language, but it's known for having a steep learning curve. *Learn Java the Easy Way* takes the chore out of learning Java with hands-on projects that will get you building real, functioning apps right away. You'll start by familiarizing yourself with JShell, Java's interactive command line shell that allows programmers to run single lines of code and get immediate feedback. Then, you'll create a guessing game, a secret message encoder, and a multitouch bubble-drawing app for both desktop and mobile devices using Eclipse, an industry-standard IDE, and Android Studio, the development environment for making Android apps. As you build these apps, you'll learn how to:

- Perform calculations, manipulate text strings, and generate random colors
- Use conditions, loops, and methods to make your programs responsive and concise
- Create functions to reuse code and save time
- Build graphical user interface (GUI) elements, including buttons, menus, pop-ups, and sliders
- Take advantage of Eclipse and Android Studio features to debug your code and find, fix, and prevent common mistakes

If you've been thinking about learning Java, *Learn Java the Easy Way* will bring you up to speed in no time.

**THE BEST-SELLING EASYWAY METHOD APPLIED TO COCAINE ADDICTION**

Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. This book applies that incredible method to the problem of cocaine addiction. It will give you advice about habitual triggers and how to understand that cocaine has no benefits for you - not even that of feeling good. Through following this method, you will not only be set free from your cocaine addiction but you will also find it easy and even enjoyable to quit.

- Without using willpower, aids, substitutes, or gimmicks
- Without gaining weight
- Without suffering anxiety, depression, or unpleasant withdrawal symptoms

This book is designed to help busy people, who appreciate clear no-nonsense guidance. It gives you a structured, easy-to-follow method for getting free from cocaine painlessly and immediately. What people say about Allen Carr's Easyway method: "Allen Carr's international bestseller...has helped countless people quit." *Time Out New York* "If you want to quit ... its called the Easyway ... I'm so glad I quit." Ellen DeGeneres "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*

Eat as much of your favourite foods as you want, whenever you want, as often as you want, and be the exact weight you want to be without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe? Read this book.

**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*

Short of time? Or have you stopped smoking and found it difficult or even impossible to stay stopped? If your answer to these questions is yes, then this is the book for you (even if you've tried and failed using Allen Carr's method in the past). *Quit Smoking Boot Camp* is a revolutionary and concise version of the world-famous Easyway method, delivered in short, punchy segments to help you quit with the minimum of fuss, with minimal effort, in a reassuringly regimented and speedy way. Four days is all it takes to transform your life. We recommend that you read this book over just four days (though you might choose to do it in less or even to take a little longer). Choose your start date and four days later you can be free. It's as simple as that. The Easyway Boot Camp will help you change your mindset and quit smoking, vaping, or using nicotine in any form easily and immediately.

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 Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. First used as an internationally renowned and incredibly successful stop-smoking method, this cutting-edge approach now addresses the fastest-growing nicotine delivery system in the world, vaping. The Easyway method tackles addiction from an entirely different angle. Rather than employing scare-tactics and enforcing painful restrictions on your vaping habits, it unravels the cognitive brainwashing behind your addictive behaviour. In this way, it removes the desire to vape altogether without willpower or sacrifice. Whether you use e-cigarettes, JUUL, tanks or pens, or any kind of mod or pod, this method will work for you. All you have to do is read this book in its entirety, follow all of the instructions and you will be set free from your addiction to nicotine.

- Does not rely on willpower, aids, substitutes, or gimmicks
- Works without unpleasant withdrawal symptoms
- Clinically proven to be AT LEAST as effective as the UK Health Service's Gold Standard Stop Smoking Service.

What people say about Allen Carr's Easyway method: "His skill is in removing the psychological dependence." *The Sunday Times* "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "Allen Carr achieved what I never thought was possible - to give up a thirty year habit literally overnight" Anjelica Huston The revolutionary international bestseller that will stop you smoking - for good. 'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading and most successful quit smoking expert, Allen was right to boast! Reading this book is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr has helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Accept no substitute. Five million people can't be wrong. "I know so many people who have turned their lives around after reading Allen Carr's books." -Sir Richard Branson

People are now so hooked on sugar that it's become the number one threat to health in the modern world. This book helps explain the truth about bad sugar and introduces a proven method to cut it out of your diet entirely. Once you free yourself from addiction, you'll feel happier and healthier, and you'll be able to choose the weight you want to be for the rest of your life. Allen Carr's Easyway is the most successful stop smoking method of all time. It works by unravelling the brainwashing that leads us to desire the very thing that is harming us, and it has now been applied to other areas. The

Easy Way to Quit Sugar tackles the biggest dietary threat to the modern world: addiction to refined sugar and processed carbohydrates. With the brilliant additional writing skills and illustrations of Bev Aisbett, you'll free yourself of addiction and enjoy better health, higher levels of energy, dramatically improved body shape and a happier, healthier lifestyle.

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