

Stop Smoking NOW

**Easily, Happily,
Permanently**



**Quit by changing your
physical, emotional and
psychological relationship
with smoking**

Bill Geoffrey

Stop Smoking Easily Permanently

John Dicey, Allen Carr



Stop Smoking Easily Permanently:

The Only Way to Stop Smoking Permanently Allen Carr, 1995-01-05 Author of the most successful self help stop smoking method of all time Allen Carr here further exposes the traps of smoking and provides smokers with the motivation to break free forever This companion volume to Allen Carr s Stop Smoking Now and Allen Carr s Easy Way to Stop Smoking 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 Praise for Allen Carr s Easyway Allen Carr explodes the myth that giving up smoking is difficult The Times A different approach A stunning success The Sun The Allen Carr method is totally unique GQ Magazine His method is absolutely unique removing the dependence on cigarettes while you are actually smoking Richard Branson I found it not only easy but unbelievably enjoyable to stay stopped Sir Anthony Hopkins

3 Easy Steps to Quit Smoking Steven Case, 2018-01-09 3 EASY STEPS TO QUIT SMOKING is a program that will help you quit smoking easy quickly and most importantly permanently With the help of 3 powerful exercises you will change your attitude towards smoking and build powerful motivation which will ensure that your quit is easy quick and permanent 3 EASY STEPS TO QUIT SMOKING program will eliminate nicotine addiction because you finally will be able to see what smoking really is it is a self sustaining circle of misery You will not quit you will stop smoking Achieve your goal of a smoke free life by reprogramming your brain We will get your brain out of the addicted state using powerful exercises that will break the addiction spell Break the chains of nicotine addiction and embrace the new life Enjoy improved health mood and looks You don t need quitting tea special medication or exercises You already have everything you need in order to quit this habit This is a program that will help you change your attitude towards smoking Quitting smoking is not hard With the right approach quitting is easy and quick Within two weeks you will look at a cigarette which once had such strong hold on you as a completely useless thing and you won t be able to believe how easy it was to say goodbye to this addiction Visit us at [http www cigarettekills com](http://www.cigarettekills.com)

The Easy Way for Women to Stop Smoking Allen Carr, 2009-11-03 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER 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 Smoking Allen Carr addresses the difficulties that women smokers face when trying to quit and shows how his technique successfully resolves them Allen s unique method removes the feeling of deprivation and works without using willpower This book can enable any woman to escape the nicotine trap easily and painlessly without putting on weight Allen Carr has helped cure millions of smokers worldwide and he can do the same for you His books have sold over 15 million copies worldwide and read by an estimated 40 million people while countless more have been helped through his network of clinics This phenomenal success has been achieved not through advertising or marketing but through the personal recommendations of the ex smokers who ve quit with the method Allen Carr s Easyway has spread all over the world for one reason alone BECAUSE IT WORKS A UNIQUE

METHOD THAT DOES NOT REQUIRE WILLPOWER REMOVES THE PSYCHOLOGICAL NEED TO SMOKE REGAIN CONTROL OF YOUR LIFE What women say about Allen Carr s Easyway method If you want to quit it s called the Easyway to Stop Smoking I m so glad I stopped Ellen De Generes Allen Carr s Easy Way to Stop Smoking Program 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 It s the only method that works Thank you Ruby Wax

Hypnosis Treatment for Addictions

Kristi O'Neill,2001-01-20 This book offers an invigorating highly professional and rapid way to end major addictions with hypnosis It is a great investment of your time and money for professional training in the field You are provided with unique and complete word for word hypnosis sessions to treat individuals and groups These sessions have been used in Dr O Neill s own clinic for over 15 years To further enhance the healing process you can offer Dr O Neill s professional hypnosis audiotapes for use between sessions The goal is to have your clients reach their healthy goals in the shortest number of sessions Dr Milton H Erickson the world renowned expert in the field of medical hypnosis said it best Hypnosis is the safest fastest and most effective form of psychotherapy The hypnosis sessions you will do from this book are sure to increase your referrals from satisfied clients and add to your professional reputation

BOOK 1 HYPNOSIS SESSIONS TO STOP SMOKING In Book 1 you will be trained to perform excellent hypnosis There are unique word for word beginning middle and final sessions for stopping smoking with individuals and groups These are followed with powerful advanced hypnosis techniques Knowledge of mind brain activities is presented Also included are verbatim hypnosis sessions for excellent health and peak performance

BOOK 2 HYPNOSIS SESSIONS TO STOP DRUG ABUSE Book 2 gives hypnosis training to stop all drug addictions It has seven complete word for word sessions for stopping individual drug abuse and four group sessions for drug addictions Stress reduction and pain management techniques follow Instructions for stress reduction homework and sessions to increase self esteem and personal success are given in detail

BOOK 3 HYPNOSIS SESSIONS FOR WEIGHT LOSS

ALCOHOL ABUSE There are eight verbatim individual and group sessions for weight control These are followed by four hypnosis sessions to stop individual alcohol abuse This is followed by group hypnosis for alcohol abuse Included are items covering the 12 step program and additional sessions follow for sexual fulfillment

The Complete Overcoming Series

Peter Cooper,2012-11-01 The complete set of self help guides from the popular Overcoming series Each guide is based on Cognitive Behavioral Therapy CBT an evidence based therapy which is recommended by the NHS for the treatment of a large number of psychological difficulties Each guide comprises a step by step self help programme based on CBT and contains Useful information about the disorder Practical strategies and techniques based on CBT Advice on how to keep recovery going Further resources

The Complete Overcoming Series contains 31 titles Overcoming Anger and Irritability Overcoming Anorexia Nervosa Overcoming Anxiety Overcoming Body Image Problems including Body Dysmorphic Disorder Overcoming Bulimia Nervosa and Binge Eating Overcoming Childhood Trauma Overcoming Chronic Fatigue Overcoming Chronic Pain

Overcoming Compulsive Gambling Overcoming Depersonalization Feelings of Unreality Overcoming Depression Overcoming Grief Overcoming Health Anxiety Overcoming Insomnia and Sleep Problems Overcoming Low Self Esteem Overcoming Mood Swings Overcoming Obsessive Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child's Fears Worries Overcoming Your Child's Shyness and Social Anxiety Overcoming Your Smoking Habit

Easy Way for Women to Stop Smoking Allen Carr, 2009 Using a version of Alan Carr's revolutionary Easyway Method created expressly for women Cesati focuses on issues such as weight gain increased stress and smoking during pregnancy making this the perfect gift for any woman who lights up and wants to stop

Easy Way to Stop Smoking Puneet Sharma, 2018-04-10 Quitting smoking is one of the best things you can do for yourself and for those that are important to you Not only will you feel better than you have in years but you will also be saving your family from the pain and suffering of losing a loved one too soon Studies say that smoking will shorten your life expectancy by an average of 14 years Do you really want to lose that much of your life over smoking The truth of the matter is that you can quit With the right techniques and strategies quitting will be easy The largest hurdle to get over is simply deciding that you want to quit for good and sticking to it It will be tough but with enough determination and will power you can absolutely quit smoking Stop Smoking can be much easier with the right strategy and tools Whether you've only been smoking for a couple of months or for a few decades you know that nicotine is one of the most addictive substances known to mankind thanks to the millions spent by big tobacco companies to make it that way The contents of this book will give you all the tools you need to help you quit smoking quickly easily cheaply and forever so that you can live the happy healthy smoke free life you've been dreaming of and deserve Here Is A Preview Of What You'll Learn How Smoking Plays Why Is It Difficult to stop Why People Smoke Nicotine Addiction Why Am I Giving Up No Smoking Confidence Assessment and Tips Develop Your Willpower to Quit Smoking Effects of Smoking on Teenagers and Young Adults Will I Miss the Cigarette The Main Reasons for Failure Smoking Substitutes Avoid Temptation The Final Cigarette Helping a Smoker Quit Advice to Non Smokers Much much more

No More Ashtrays Allen Carr, 2011-11-15 THIS BOOK IS EVERYTHING YOU NEED TO STOP SMOKING Society's ideas and beliefs about smoking are based on misinformation and illusions which stop us from seeing what's really going on Learn the truth and free yourself forever This unique book is a step by step guide to Allen Carr's Easyway method showing how smokers fall into the trap of smoking the psychology behind being a slave to tobacco and how to quit immediately once and for all No More Ashtrays is a new accessible form of the bestselling Easyway method perfect for use on its own or as a companion to other Easyway titles Praise for Allen Carr's Easyway I would be happy to give a medical endorsement of the method to anyone Dr PM Bray MB CH b MRCP Allen Carr explodes the myth that giving up smoking is

difficult The Times A different approach A stunning success The Sun The Allen Carr method is totally unique GQ Magazine I found it not only easy but unbelievably enjoyable to stay stopped Sir Anthony Hopkins *Federal Trade Commission Decisions* United States. Federal Trade Commission,1997 **The Easy Way to Mindfulness** Allen Carr,John Dicey,2017-10-15 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 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 **Allen Carr's Easy Way to Better Sleep** John Dicey,Allen Carr,2022-09-15 READ THIS BOOK AND SLEEP WELL THE EASY WAY Do you find it hard to switch off at night Do you feel tired all day but when your head hits the pillow it s impossible to sleep Whether it s worrying about work doomscrolling on your phone or overcaffeinating yourself to get through the day modern lifestyle choices are robbing us from the sleep we deserve But how can we break free from the vicious cycle of fatigue and insomnia Allen Carr s Easyway method offers a unique solution This world renowned clinically proven method has helped an estimated 50 million people with their behavioural issues and addictions including smoking alcohol weight control and digital addiction In this book this tried and tested method is applied to sleeping difficulties The beauty of this method is that it DOES NOT RELY ON WILLPOWER It will not ban your phone from your bedside or take away your morning coffee but instead unravel the cognitive brainwashing that has led you to desire the very behaviours that are harming you In this way you will be released from them without feelings of sacrifice or deprivation With clear step by step advice this book will help you form healthy habits and live in tune with your natural sleep cycle so you can get back to that blissful promise of a good night s sleep Do you find that difficult to believe Read this book What people say about Allen Carr s Easyway method A different approach A stunning success The Sun An intelligent and original method Evening Standard This method is as foolproof as it gets Time Out *The Easy Way to Quit Sugar* Allen Carr,John Dicey,2017-12-13 READ THE EASY WAY TO QUIT SUGAR AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE People are now so hooked on sugar that it s become the number one threat to health in the modern world Using Allen Carr s world famous Easyway method this book shows you how to cut bad sugar out of your diet for good This method works by unravelling the brainwashing that leads you to desire the very thing that is harming you In challenging the cognitive association of sugar with comfort and pleasure this book will free you from any sugar cravings so

you can live a healthier happier life With the brilliant writing skills and illustrations of Bev Aisbett this handy pocket book is presented here in a truly refreshing accessible dynamic and enjoyable way A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER REMOVES ADDICTION TO REFINED SUGAR AND PROCESSED CARBOHYDRATES 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 *Allen Carr: The Easy Way to Quit Cannabis* Allen Carr,John Dicey,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 bong s 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 Dicey,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 Carr's Easy Way to Quit Vaping* Allen Carr,John Dicey,2021-05-01 Allen Carr s Easyway 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 behavior 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 UK health service s Gold Standard Stop Smoking Service What people say about Allen Carr s Easyway method Allen Carr s international bestseller has helped countless people quit Time Out New York I read this book and quit smoking instantly Nikki Glaser 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 **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 **The Easy Way to Lose Weight** Allen Carr,2014-08-01 THIS BOOK WILL CHANGE YOUR RELATIONSHIP WITH FOOD READ IT AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE In The Easy Way to Lose Weight Allen Carr addresses the issues of psychological dependence on comfort eating and junk food and shows how his Easyway method can successfully resolve them By revealing what makes us eat too much and how we can break free readers are empowered to take control of what they eat without all the feelings of deprivation and frustration associated with diets Allen Carr has helped millions worldwide and he

can do the same for you His books have sold over 15 million copies worldwide and read by an estimated 40 million people while countless more have been helped through his network of clinics Allen Carr s Easyway has spread all over the world for one reason alone BECAUSE IT WORKS A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER LOSE WEIGHT EASILY AND PAINLESSLY REMOVES THE PSYCHOLOGICAL NEED TO EAT JUNK 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

Allen Carr's Easy Way to Quit Emotional Drinking Allen Carr, John Dicey, 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

Nicotine: The Drug That Never Was Volume 1: The Biggest Medical Mistake of the 20th Century Christopher Holmes, 2008 In the long running debate about whether tobacco smoking is a habit or an addiction this book is surely the last word Here the notion that it s a drug addiction is systematically torn apart and smoking is emphatically re defined as a Compulsive Habit which hypnotherapy can shut down Cravings are proven to be unrelated to nicotine and Nicotine Replacement is denounced as a bogus therapy This lively and irreverent book will be a delight to readers who have issues with the pharmaceutical industry and the medical establishment This therapist has attitude

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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