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TO STOP SMOKING

THE LITTLE BOOK OF
**QUITTING
SMOKING**

ALLEN CARR

By the author of the global bestseller
THE EASY WAY TO STOP SMOKING

The Little Book Of Quitting

Allen Carr, John Dicey



The Little Book Of Quitting:

The Little Book of Quitting Allen Carr, 2005-12-20 Allen Carr's international bestseller *The Easy Way to Stop Smoking* has sold more than six million copies worldwide and helped to turn countless smokers into nonsmokers. *The Little Book of Quitting* crystallizes 120 key points of the Easyway method in a concise and readily accessible format. Carr's method can enable any smoker to quit easily, painlessly and permanently without needing willpower, suffering withdrawal pangs, feeling deprived or gaining weight. This is the perfect pocket refresher for those already applying Allen Carr's method and a great starting point for all those who want to quit. The Easyway Allen Carr discovered the Easyway to stop smoking in 1983 after his three decade long 100 cigarette a day addiction had driven him to despair. First published in 1985, *The Easy Way to Stop Smoking* has sold over six million copies worldwide and has been translated into more than twenty languages. In addition to his books, Allen has established the Allen Carr clinics now operating in countries around the world.

The Little Book of Quitting Smoking Allen Carr, 2019-02-15 [The Little Book of Big Change](#) Amy Johnson, 2016-01-02 It's not you, it's just the way you're wired. That's the message psychologist Amy Johnson tells readers with bad habits in her unique guide *The Little Book of Big Change*. Drawing on a powerful combination of neuroscience and spirituality, this book shows readers that they are not their habits. Rather, their habits and addictions are the result of simple brain wiring that is easily reversed. By learning to stop bad habits at the source, readers will take charge of their habits and addictions once and for all.

The Little Book of Contentment Leo Babauta, 2014-07-31 Contentment is a super power. If you can learn the skills of contentment, your life will be better in so many ways. You'll enjoy your life more. Your relationship will be stronger. You'll be better at meeting people. You'll be healthier and good at forming healthy habits. You'll like and trust yourself more. You'll be jealous less. You'll be less angry and more at peace. You'll be happier with your body. You'll be happier no matter what you're doing or who you're with. Those are a lot of benefits from one small bundle of skills. Putting some time in learning the skills of contentment is worth the effort and will pay off for the rest of your life.

[Little Book of Quitting](#) Allen Carr, 2007-08-07 [A Little Book of Tobacco](#) Vanessa Rogers, 2012-01-01 This resource is packed with activities that inform young people about the facts and help them to think and talk about all the issues related to smoking so that they can make positive informed choices.

The Little Book Of Life, **The Little Book of Health** Michael Spira, 2018-01-11 Good health is the cornerstone of a long and enjoyable life. And the good news is you can easily increase your chances of staying healthy for longer by following some simple steps. Drawing on decades of medical practice, Dr Michael Spira brings together dozens of easy to follow tips in this clear and concise handbook.

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 anxiety 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.

The Little Book of Outdoor Wisdom John Long, 2019-09-24. There's a reason we pause at the vista overlook and be quiet for a second. The wilderness or simply being outside in the natural world provides us with a psychological reboot. It declutters our minds, washes off the guff, gives us a chance to see and feel ourselves as expansively as the Tunnel Overlook in Yosemite Valley. But the process is different and in some ways more powerful than the benefits we get from sleep. *The Little Book of Outdoor Wisdom* is a collection of all new essays from legendary climber and outdoor writer John Long, an exploration of what connects us fundamentally to the outdoors and of why we return again and again. Through evocative anecdotes and sketches told in Long's visceral yet poignant style, readers will rediscover their love for nature and glean a deeper appreciation for its rejuvenating effect.

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, no aids, no 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: 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 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 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 **Quit Smoking Boot Camp** Allen Carr,2018-06-05 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 **Allen Carr's Easy Way to Quit Emotional Eating** Allen Carr,2019-11-01 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 behavior 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 favorite 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 **Allen Carr's Easy Way for Women to Quit Smoking** Allen Carr,2018-09-03 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE Allen Carr s Easyway is the most successful self help stop smoking method of all time It has helped millions of smokers from all over the world to quit 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 16 million copies worldwide and read by an estimated 40 million people while countless more have been helped to quit 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 **Allen Carr's Easy Way for Women to Quit Drinking** 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 the Easy Way for Women to Quit 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 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 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 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 Little Book of Slow Living Alliance Victoire,2025-05-01 Modern life moves at a relentless speed In addition to coping with the many demands of modern life such as managing a demanding job or career the pressure of staying connected online on all available social media platforms and hustling your way to success it can be hard to stay afloat Slow living offers a different path one rooted in intention mindfulness and deep meaningful experiences and satisfaction In this book writer and YouTuber Alliance Victoire simplifies

and presents the mindset of slow living a handful of slow living practices as well as personal slow living principles that have helped her practice and sustain a low tech low consumption slow living lifestyle for over a decade from adopting a health first minimalist lifestyle in 2015 to quitting social media in 2021 and changing career paths in 2023 to live a simple quiet life Feeling overwhelmed by digital distractions Learn multiple ways to integrate slow living practices into your everyday life and master the art of slow living Reclaim your time reduce stress and reconnect with what truly matters to you Discover digital minimalism slow productivity slow fashion and a handful of slow living principles that can help you reset your relationship with technology productivity and consumerism **The Little Book of Country Music Wisdom** Christopher

Parton,2017-09-01 Illustrated wisdom from country stars past and present Country Music Association estimates 42% of American adults 98 million plus are country music fans From country legends and stars of today many interviewed by the author Country inspired colorful design with full illustrations and spot art throughout Built on a mix of homespun hand me downs and first hand experience the gorgeous illustrated Little Book of Country Music Wisdom offers the wise unvarnished words of country stars past and present on a variety of topics like love family fun work health heartache and even death to offer the full big picture view of country wisdom Country music wisdom can be uplifting funny or hopeful and sometimes it s deadly serious but above all it s honest This collection includes Dolly Parton Reba McEntire Johnny Cash Willie Nelson Carrie Underwood Eric Church Luke Bryan and more

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