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Stop Drinking Now [Arcturus Publishing](#) **READ STOP DRINKING NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE.** Allen Carr's Easyway a global phenomenon. It has helped millions of smokers from all over the world. **Stop Drinking Now** applies Allen Carr's Easyway method 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: "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 **Stop Drinking Now** [Allen Carr's Easyway](#) A fresh take on the Allen Carr method with all-new text. Includes free hypnotherapy CD. Most drinkers are convinced that it's almost impossible to stop drinking and to free themselves from addiction; they also feel unable to solve any of the widespread problems drinking causes. The wonderful news is that this book shows you how to stop immediately, painlessly and permanently. This book understands drinkers and how they think and, without being judgemental or patronising, takes them through the process of how to get alcohol out of their lives. Demonstrates how drinkers fall into the trap of drinking, the psychology behind being addicted and how to quit this mug's game once and for all. This book has more compelling evidence than ever before that your addiction to alcohol is much less physical than it is mental. Alcohol is not something your body needs, but something your mind

thinks it needs. **Stop Drinking Now** explains the mental process of addiction and how to reverse that process easily, painlessly and permanently. **Allen Carr's Easy Way to Control Alcohol** [Arcturus Publishing](#) **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** **Easy Way to Control Alcohol** [Arcturus Publishing](#) **This text is bold and controversial and takes issue with many experts in the field and much received wisdom. It dispels all illusions about the benefit of alcohol, promises no withdrawal symptoms and removes the desire and need for alcohol. Allen Carr's Easy Way for Women to Quit Drinking The Original Easyway Method** [Allen Carr's Easyway](#) **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. --Publisher Allen Carr's Easy Way to Stop Smoking** [Penguin AudioBooks](#) **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. The Easy Way to Stop Smoking** [Barnes & Noble Publishing](#) **Presents the Easyway method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and practical advice on how to successfully break the habit. The Easy Way for Women to Stop Drinking 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. --Publisher Your Personal Stop Drinking Plan [Allen Carr's Easyway](#) Allen Carr's Easyway method has helped millions of people around the world to stop smoking and it has also been successfully applied to a wide range of other addictions, including gambling, overeating and drinking alcohol. As the reader works their way through this book, they write their own story of their addiction to alcohol, analyzing their reasons for drinking and their fears about life without drinking. Guided by the interactive format, readers come to recognize the truth about their drinking by recording and examining their own beliefs, aspirations and insights as they go along and are prompted to rewrite the story of their life as a drinker with a positive ending. The Illustrated Easy Way to Stop Drinking Easyway is the most successful stop-smoking method of all time. It has helped smokers from all over the world to quit. Now it has been applied to problem drinking. After explaining why you feel the need to drink, he shows you how to escape from the alcohol trap. With the brilliant illustrations of Bev Asibett, Allen Carr's globally best-selling method is presented here in a truly refreshing, accessible, dynamic, funny and enjoyable way. The Easy Way for Women to Stop Drinking [Arcturus Publishing](#) **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 The

Illustrated Easy Way to Stop Drinking Free At Last! [Arcturus Publishing](#) **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 Allen Carr's **Easy Way to Stop Smoking Be a Happy Non-smoker for the Rest of Your Life** [Penguin UK](#) 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. **No More Hangovers** The revolutionary Allen Carr's Easy Way in pocket form [Arcturus Publishing](#) Allen Carr's Easy way to Stop Smoking has helped millions of smokers to quit. In **No More Hangovers** Allen turns his common sense approach to drinking. Covering all the key points of the method, this step-by-step summary is perfect for use on its own or as companion volume to other Easyway titles. Using examples from his own experience, one by... **The Easy Way to Quit Caffeine Live a healthier, happier life** [Arcturus Publishing](#) 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 Quit Drinking Without Willpower Be a happy nondrinker** [Arcturus Publishing](#) **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 The Easy Way to Stop Gambling Take Control of Your Life [Arcturus Publishing](#) **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 Allen Carr: The Easy Way to Quit Cocaine Rediscover Your True Self and Enjoy Freedom, Health, and Happiness [Arcturus Publishing](#) **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 Allen Carr's Easy Way to Quit Vaping Get Free from JUUL, IQOS, Disposables, Tanks or any other Nicotine Product

Arcturus Publishing 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 Mindfulness Free your mind from worry and anxiety

Arcturus Publishing 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. العلاقات بين جمهورية مالى - والجمهورية العربية المتحدة

Arcturus Publishing Allen Carr was a chain-smoker, who used to get through 100 cigarettes a day until he discovered the 'Easyway to Stop Smoking' in 1983. His method involves a psychological reappraisal of why people smoke as well as understanding the subtle and pervasive nicotine trap and how it works. Alcohol Lied to Me: The Intelligent Escape from Alcohol Addiction Lulu Press, Inc Craig Beck was a successful and functioning professional man in spite of a 'two bottles of wine a night' drinking habit. For 20 years, he struggled with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed. Discover why all 'will-power' based attempts to stop drinking will fail (exactly as they are destined to do). Slowly Craig discovered the truth about alcohol addiction, and one by one, all the lies he had previously believed started to fall apart. For the first time,

he noticed that he genuinely did not want to drink anymore. In this book, he will lead you through the same remarkable process. No need to declare yourself an alcoholic. A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no 'will-power' required. Treats the source of the problem, not the symptoms. Kick the Drink...Easily! [Crown House Publishing](#) There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world! Allen Carr's Easyweigh to Lose Weight [Penguin UK](#) 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. This Naked Mind Control Alcohol, Find Freedom, Discover Happiness & Change Your Life [Penguin](#) This Naked Mind has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has

become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for. "You have given me my live back." —Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed." —Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read." —Bernie M., Dublin, Ireland

The Easy Way to Quit Sugar [The Illustrated Guide Arcturus Publishing](#) "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. Allen Carr's Easy Way to Better Sleep

How to Free Yourself From Sleepless Nights [Arcturus Publishing](#) **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 behavioral 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 behaviors 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: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "The Allen Carr method is totally unique." GQ "This method is as foolproof as it gets." Time Out No More Worrying The revolutionary Allen Carr's Easy Way method in pocket form [Arcturus Publishing](#) This little gem of a book reveals all the mental strategies you need for taking control, achieving inner peace and turning even the worst-case scenarios into win-win situations. Based on the most successful stop smoking method of all time, Easyway, 'No More Worrying' offers a step-by-step summary that is perfect for use on its own or as a com... Allen Carr's Easy Way to Quit Emotional Eating Set yourself free from binge-eating and comfort-eating [Arcturus Publishing](#) 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 Quit Like a Woman The Radical Choice to Not Drink in a Culture Obsessed with Alcohol [Dial Press](#) **NEW YORK TIMES BESTSELLER** • "An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself."—Glennon Doyle, #1 New York Times bestselling author of Untamed "You don't know how much you need this book, or maybe you do. Either way, it will save your life."—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with

drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol's ubiquity—in fact, the only thing ever questioned is why someone doesn't drink. It is a qualifier for belonging and if you don't imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

Stop Smoking Now [Allen Carr's Easyway](#) 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 quit instantly, easily, painlessly and permanently. **Stop Smoking Now** is the new, cutting-edge presentation of the method. Updated and set out in a clear, easy-to-read format, this book makes it simpler than ever before to get free. Allen Carr's Easyway does not rely on willpower as it removes your desire to smoke. It eliminates the fears that keep you hooked and you won't miss cigarettes. It works both for heavy and casual smokers and regardless of how long you've been smoking. There are no gimmicks or scare tactics, you won't put on weight, and you can even smoke when you read. Allen Carr's books have sold over 15 million copies to date in more than 40 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'. The Allen Carr method has been presented here in a lively, informative and streamlined way. This book brings the original Easyway concept bang up to date, incorporating lessons that have been learned from those who teach in the

global network of Allen Carr clinics. No one has more experience of helping smokers quit. Allen Carr's Easy Way to Quit Emotional Drinking [Sirius Entertainment](#) Allen Carr's Easyway is a global phenomenon, having helped over 50 million people across the world with addiction and behavioural issues. In this brand-new, best-practice upgrade, the Easyway method is applied to emotional drinking. With startling insight into why we drink and clear, step-by-step instructions, it will show readers the way to escape the 'alcohol trap' in the time it takes to read this book. Stop Smoking with Allen Carr Plus a unique 70 minute audio seminar delivered by the author [Arcturus Publishing](#) Allen Carr (1934-2006) was a chain-smoker for over 30 years. In 1983, after countless failed attempts to quit, he went from 100 cigarettes a day to zero without suffering withdrawal pangs, without using willpower and without gaining weight. He realised that he had discovered what the world had been waiting for - the Easy Way to Stop Smoking - and embarked on a mission to help cure the world's smokers. Allen Carr is now recognised as the world's leading expert on helping smokers to quit, having sold over 14 million books. This enhanced eBook combines an updated version of his internationally best-selling Easy Way to Stop Smoking with a 75-minute audio seminar from Allen himself, giving you all the expertise and support you'll need to become a happy non-smoker for the rest of your life. Allen's technique has enabled millions of smokers to stop easily, painlessly and permanently. It works without the need for willpower, there are no scare tactics and you won't gain weight. 'His method is absolutely unique, removing the dependence on cigarettes' - Sir Richard Branson. How to Stop Drinking Alcohol A Simple Path from Alcohol Misery to Alcohol Mastery [CreateSpace](#) Do you want to stop drinking alcohol? Are you sick of waking up with yet another hangover? Do you fear your children growing up and following in your footsteps? If you want to quit drinking for good, but don't know where to start, this book is for you! In this book you will discover: How to overcome your fears about quitting and build your confidence Why most people think you are 'abnormal' when you quit? What are your risks in quitting drinking? Can you die from quitting alcohol? Are you an alcoholic? What side-effects and symptoms should you expect? Is recovery for the rest of your life? How can you help your recovery? How to break any habit in your life The four mindsets of quitting drinking What separates Kevin from other teachers in the field of quitting alcohol is his ability to break down complex ideas into a no-nonsense, straight talking, and down to earth approach. His up front coaching style is developed around breaking down your alcohol perceptions, rethinking your relationship with alcohol, and its use within our society Alcohol Explained Alcohol Explained is the definitive, ground-breaking guide to alcohol and alcohol addiction. It explains how alcohol affects human beings on a chemical, physiological and psychological level, from our first drinks right up to chronic alcoholism. Despite being entirely scientific and factual in nature the book is presented in an accessible and easily understandable format. For those with an alcohol problem it will explain why they have a problem and what they can do about it. For

those who are unsure whether they have a problem or not it provides them with firm guidance. For those who have someone close to them who has an alcohol problem it will help them to understand what that person is going through, how they ended up where they are, and what they can do to help them. However this is not just a book for people with links to problem drinking, it is compulsive reading for anyone who has ever, or will ever, drink an alcoholic drink. How many people have inadvertently drunk too much on occasion? Virtually every drinker on the planet has done that! But how many people have actually stopped to think why? There is in fact a logical, scientific explanation for this phenomenon, it is fully and simply explained in this book. Even for those who have never imbibed alcohol this book provides a fascinating insight into addiction generally and, more specifically, into a substance that has pervaded our society to such a great extent that it is now an integral part of our culture. Allen Carr's Easy Way to Stop Smoking The Guide to Stop For Good [Penguin UK](#) Read this book and you'll never smoke another cigarette again. Allen Carr has discovered a method of quitting that will enable any smoker to stop, easily, immediately and permanently. As the world's bestselling book on how to stop smoking and with over nine million copies sold worldwide, Allen Carr's Easy Way to Stop Smoking is the one that really works. _____ 'It didn't take any willpower. I didn't miss it at all and I was free' Ruby Wax THE unique method: No scare tactics No weight-gain The psychological need to smoke disappears as you read Feel great to be a non-smoker Join the 25 million men and women that Allen Carr has helped stop smoking. _____ TESTIMONIALS . . . 'Giving up smoking was one of the biggest achievements of my life. I read Allen Carr's book and would recommend it to anybody trying to kick the habit' Michael McIntyre '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 'Instantly I was freed from my addiction. I found it not only easy but unbelievably enjoyable to stay stopped' Sir Anthony Hopkins Allen Carr: The Easy Way to Quit Cocaine Rediscover Your True Self and Enjoy Freedom, Health, and Happiness [Arcturus Publishing](#) 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 Good Sugar Bad Sugar Eat yourself free from sugar and carb addiction [Arcturus Publishing](#) **READ GOOD SUGAR BAD SUGAR AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE.** Good Sugar Bad Sugar tackles the biggest dietary threat to the modern world: The addiction to refined sugar and processed carbohydrates, which is causing epidemics in obesity and Type 2 diabetes on a global scale. Sugar and carb consumption is an addiction that begins at birth, but once you free yourself with Easyway, you'll enjoy better health, higher levels of energy, dramatically improved body shape, and a happier, healthier lifestyle. 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 • 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 The Alcohol Experiment: Expanded Edition A 30-Day, Alcohol-Free Challenge To Interrupt Your Habits and Help You Take Control [Penguin](#) Now complete with daily prompts to reflect on each day of a month-long, alcohol-free plan, the author of This Naked Mind helps readers challenge their thinking, find clarity, and form new habits. Changing your habits can be hard without the right tools. This is especially true for alcohol because habits are, by definition, subconscious thought processes. Through her methodical research of the latest neuroscience and her own journey, Annie Grace has cracked the code on habit change by addressing the specific ways habits form. This unique and unprecedented method has now helped thousands redefine their relationship to drinking painlessly and without misery. In The Alcohol Experiment, Annie offers a judgment-free action plan for anyone who's ever wondered what life without alcohol is like. The rules are simple: Abstain from drinking for 30 days and just see how you feel. Annie arms her readers with the science-backed information to address the cultural and emotional conditioning we experience around alcohol. The result is a mindful approach that puts you back in control and permanently stops cravings. With a chapter and journal prompt devoted to each day of the experiment, Annie presents wisdom, tested strategies, and thought-provoking information to supplement the plan and support your step-by-step success as you learn what feels good for you. It's your body, your mind, and your choice. The Easy

Way for Women to Lose Weight Arcturus Publishing **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.**