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## Allen carr's easyway to stop smoking pdf download free

What listeners say about Allen Carr's Easy Way to Quit Smoking Average Customer Ratings Overall 5 out of 5 stars 4.9 out of 5 5 Stars 178 4 Stars 15 3 Stars 0 2 Stars 0 1 Stars 2 Performance 5 out of 5 stars 4.9 out of 5 5 Stars 139 4 Stars 12 3 Stars 0 2 Stars 1 1 Stars 2 Story 5 out of 5 stars 4.8 out of 5 5 Stars 131 4 Stars 16 3 Stars 2 2 Stars 2 1 Stars 1 I am so EXCITED that after 44 yrs of smoking and trying to quit with bad results. I'm finally FREE. I have defeated the BIG MONSTER. I'm so OVERWHELMED with HAPPINESS I'm crying like a baby. The weight is lifted. I finished Allan Carr's audible twice and he is right it just takes 1 cigarette. So I tackled it for the 3rd time. I went back over certain parts over and over again until I was ready. I started listening to this audible for the first time 6 months ago. I listened to it over and over again different chapters for the 3rd time leaving out chapters 19 - 21 until I was ready. I'm now and always will be a Non-Smoker thanks to Allan Carr's How to Quit Smoking with No Will power. A word of ADVICE if that if it doesn't work the first time don't give up I didn't. I'm now FREE. I have been smoking for 6-7 years. This book just works. I do not know how but I am now a non smoker! Anonymous User 2021-07-02 I've been a smoker for 25 years...to date I have been a smoker for more years of my life then I have been a non smoker. It has really become part of my identity. The idea of quitting always terrified me. Every word in this book resonated with me. It wasn't preachy or condescending or made me feel guilty. It was written by someone who truly understands what it feels like to be a smoker, yet his insight is mind blowing because he forces you to identify and change the misconceptions we all have about smoking. It's not about forcing you to do anything you don't want to do, but if you smoke and read this book I promise you won't WANT to smoke....not out of fear but because it just makes sense! RIP Allen Carr. You truly gave the world a gift with your valuable insight. Greg.mroczkowski 2021-03-24 smoked 22 years 70-100 smokes a day read the book and its been 1 month since my last smoke. Stephanie Feltham 2021-03-21 this is some powerful stuff and without it I don't think I would have ever succeeded in my attempts to quit smoking. it changes your mind completely. I love the narrator .. he makes it so calming and soothing to listen to and any anxiety I had about throwing my cigarettes away just seemed to disappear with every line he read. I can honestly say never a day in my life would I have wasted a cigarette .. let alone throw everything I had away... this is a must for anyone who is anxious or afraid of quitting...it helps Edit: it has been two months since I wrote this review and I still can't believe how easy it has been to stay away from smoking.. I have NOT been thinking, craving or even wanting one since I threw away my packs. (Minus day 1 and the odd weird dream... Learn to expect those) this book is an absolute life/game changer This book changed my life, I quit smoking without withdrawals, without willpower. I just did it, all because of this book. For former smokers this will help you understand your cravings, what to do, and why you should do it! It is worth it and the best part, it took no time at all and now.....I AM A NON-SMOKER!! :) update: it has now been 6 months still smoke free and still happy about it. its basically like after reading this you now you have bullets in your gun. I have been able to logic and reason my escape using this method. its a very true book that nails home said truth and gives you little room to slither back out. it works. Thank you Allen Carr and your entire team! I will definitely try to spread your word around. I wished all governments would listen and read your books to eliminate nicotine and drugs out of our world and to stop them from being Greedy and think only about the money they collect from smokers!Nelson Ferreira from Canada, Ontario I highly recommend this book if your so done with that disgusting habit. Well explained, and IT WORKS I wish I had read this book many years back, but it's never too late anyways, it worked for me, all you have to do is to open your mind, listen and you will be on your way to a smoke free life without any pain or fear, it's that simple. I have read the book and listened to the audio, bought are great. Amazon Customer 2020-03-07 I don't know how but every time I read this i quit successfully. i read it once 4 years ago and I quit effortlessly. no withdrawals. in the past year like a moron I ended up starting again and I tried many times with willpower to quit but I kept slipping up, so I tried the audio book this time. and same great result. I'm on my 4th day without a single withdrawal pang and no desire to smoke. its really as close to magic or hypnotism I've ever experienced. excellent life changing and potentially life saving book Brian Berryman 2020-01-27 I have always thought that quitting smoking was the hardest thing to do. Turns out, it's was one of the easiest things I've ever done. Just a different way to think about it. Smoked at least a pack a day for 21 years, and now I'm a non-smoker. Will forever be grateful that I came across this book!! Bloody hell. This guy just hammers what a bad person you are. Wif. This is not easy, it's actually just stripping you if any humanity because you're a dirty smoker Dailton Rabelo 2021-05-28 Chapters 11 and 12 are missing. You just hear the title then it moves to the next chapter. it took 2 days, but I'm so glad I've been freed from a prison of my own making. Sara Mohovitsch 2020-01-25 Would you really believe me if I told you this book made me quit smoking? This book changed my life forever. I had watched a video on the infographics show about what happens after quitting smoking and I hadn't given it much thought until at the end of the video that said if you want to try quitting download this book on audible and it will give you a free credit to do it if you sign up for the free trial. Well I did, and I listened to this book every day in the car for a month and did exactly what the book instructed me too. Not obly have I successfully quit and have become a happy non smoker, but so has my husband. I don't know if I was hypnotized or just ready to quit, but I am telling you as a sceptic, you have nothing to lose by trying this approach. I smoked for 12 years and quit overnight with this book. I can't believe how easy it was - I don't feel like I've given up anything. Alan Carr was a visionary, the teacher will come. Boy, did he bring it. The narrator, narration and content . I'm a believer. Geoffrey Gagner 2020-07-22 The easy way worked for my wife and I. We were both 30 year smokers. The audiobook is missing two chapters. The narrator states chapter name and that's it. For this year-long global campaign for World No Tobacco Day 2021, Allen Carr's Easyway is offering, via the World Health Organization, free quit support to 9500 frontline workers and tobacco users in 14 countries across the 6 regions through Live Online Group Seminars and Online Video Programmes. The clinically proven method focuses on addressing the psychological part of tobacco dependence without the requirement for any nicotine replacement therapy. Groups of up to 25 tobacco users are taken through Allen Carr's Easyway to Stop Smoking method by a fully trained Allen Carr's Easyway facilitator who themselves stopped smoking with the method. The seminar lasts for 6 hours with two free of charge back up seminars and telephone/email support included for the few who require them. Tobacco users can attend the seminar on any smart phone, tablet, or laptop that is connected to the internet/Wi-Fi provided the internet signal is good and the environment is quiet. The seminars are live and interactive - with tobacco users able to ask questions, check their understanding, and ask for clarification as and when required. Tobacco users continue to smoke throughout the seminar and at the end of the seminar they have a ritual final cigarette before discarding their cigarettes and lighters. The seminar ends with a light relaxation exercise designed to reinforce the main points of the seminar.The Live Online Group Seminars have been operating for more than 35 years in more than 50 countries worldwide. For this project they are available in English, Russian, Turkish, Dutch, Spanish and Portuguese.Before booking you will need to obtain a voucher/booking code from your WHO country office. This is a pre-recorded, video-on-demand programme that can be watched on any smart phone, tablet, or laptop that is connected to the internet/Wi-Fi. The programme is the latest, cutting edge audio-visual version of the method and is the closest thing to attending one of the Live Online Group Seminars. It is suitable for those who cannot commit to the 6-hour real-time appointment that is required for a Live Online Group Seminar and can be watched in one day or over a number of days at times to suit the smoker. Tobacco users continue to smoke throughout the programme and at the end they are invited to have a ritual final cigarette before discarding their cigarettes and lighters.The Online Video Programmes have been operating for more than 15 years and are regularly updated to include the latest developments relating to tobacco use. For this project they are available in English, Turkish, Arabic and Russian.Before booking you will need to obtain a voucher/booking code from your WHO country office. The World Health Organization is grateful for the generous donation by Allen Carr's Easyway, at an estimated value of USD 1.3 million, to support thousands of tobacco users quit during the COVID-19 pandemic and beyond.

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