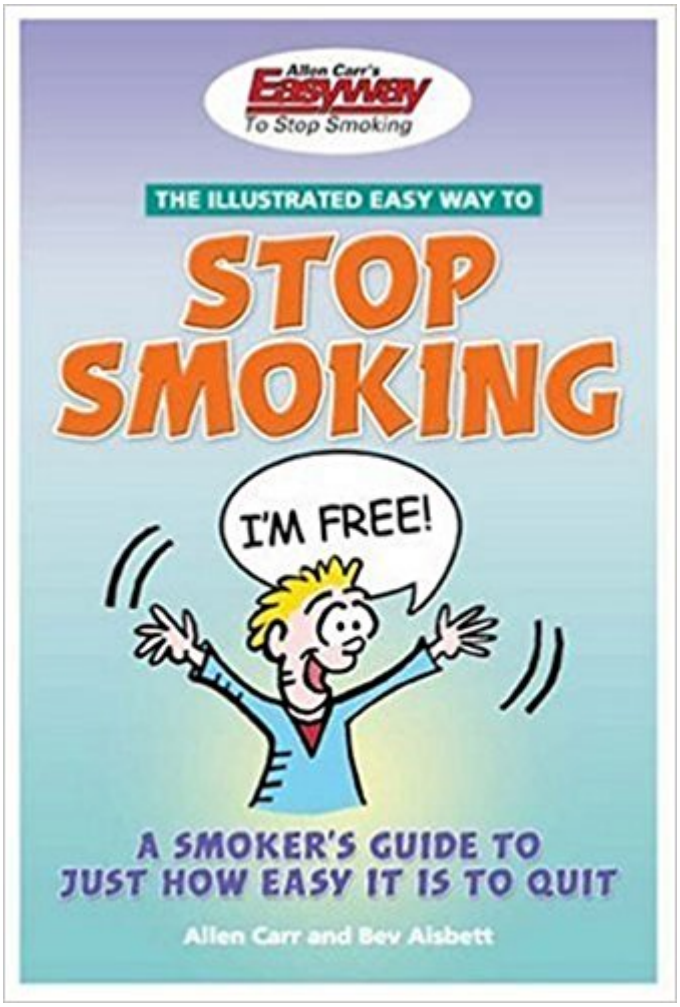
Ebook Directory
the best source of ebook

The book was found

The Illustrated Easyway To Stop Smoking: A Smoker's Guide To Just How Easy It Is To Quit



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

In The Illustrated Easy Way to Stop Smoking, Allen Carr debunks the myths about smoking and shows you the way to beat your addiction. With the brilliant illustrations of Bev Aisbett, Carr's globally best-selling method is presented here in a truly refreshing, accessible, dynamic, funny, and enjoyable way. --This text refers to an alternate Paperback edition.

Book Information

Paperback: 176 pages

Publisher: Arcturus foulsham (2006)

Language: English

ISBN-10: 0572032919

ISBN-13: 978-0572032913

Product Dimensions: 5.2 x 0.5 x 7.7 inches

Shipping Weight: 5 ounces

Average Customer Review: 4.6 out of 5 stars 15 customer reviews

Best Sellers Rank: #398,718 in Books (See Top 100 in Books) #49 inÃ Â Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking

Customer Reviews

Allen Carr was born in 1934. The first in his family to enter the 'professions', he received articles from a prestigious firm of City accountants and began a career in a business he soon came to loathe. After filling a series of highly paid positions, punctuated by a two-year stint in the army as part of his country's National Service program, Allen reached the nadir of his disillusionment with accountancy. Fed up with the old boys' network and complacent attitude, he took a completely different direction, starting a property development business, initially with a friend and later striking out on his own with his wife, Joyce. By this point in his life, Allen was chain-smoking 100 cigarettes a day, despite the fact that his older sister, Marion, and his father had died prematurely of lung cancer. After repeated failed attempts to stop smoking, Allen's conversion into a non-smoker was as dramatic as it was totally unexpected. His discovery of the kernel of what would become the Easyway method brought about another life-changing decision: to dedicate his life to the fight against nicotine addiction. Allen made this decision in July 1983. Since then he has built Easyway into an international brand with clinics in over 20 countries across the world, and developed his method into the most effective stop smoking therapy currently available. In 2006 Allen was diagnosed with lung cancer and passed away that November. --This text refers to an alternate

Paperback edition.

A book of absolute genius. Alan Carr has stopped me smoking several times. And whilst in the past, I'd need nicotine supplements galore and was having mood swings like all get out - that all changed post Easy way when stopping smoking became a walk in the park. I've started smoking thrice this year (because stopping is so easy with Alan Carr), and stopped easy as all three times. Hopefully never again in my life. Everyone I stop, I read this book again, it's a short illustrated recap of the bigger book. Highly recommended for any smoker who wants to stop smoking - easily!

This is a really great book if you are ready to quit smoking. It speaks to all the things we (smokers) tell ourselves, and really busts down all the voices in our heads that convinces us to light up. You can read it in a day with no problem. The illustrations are a good addition as well. I bought the book 6 years ago. Still smoke free. My roommate at the time read it and quit also. He is still smoke free too! The book is cheaper than a pack of cigarettes these days, so what have you got to lose? Good Luck, I know how hard it is, believe me.

This book is amazing. If you are expecting scare tactics and facts about smoking killing you then you are way off. It's a brilliantly written psychological book that pulls apart all the reasons we think we smoke shows you they are not real and leaves you in a totally different state of mind. It's simply incredible, I have used this book to change my thought patterns on many negative habits not just smoking. I buy this book for friends often and to be polite I tell them they don't ever need to read it I just wanted to buy it for them because I loved the book so much. I can always tell the one that do read it because I get a lovely call or SMS. It's a great read.

Great book with ideas on quitting smoking without "preaching" about the dangers.

After over 35 years of smoking and about 10 years of attempting to quit... this book is THE LARGEST PART OF ME QUITTING in less than 30 days !!!! It's an easy read, pics & animated keep it light vs heavy for a heavy subject! If one reads it with the FULL INTENT OF QUITTING, YOU WILL QUIT ! (It helps if you use the electronic cigg at the end, to keep from having "just one more") If you want to help yourself or help a friend, buy this book and make sure the person reads it !!!!!!!!

First, let me admit that I didn’t stop smoking after reading this book. But I’m impressed with it, and it has changed my attitude to smoking. I am now confident that I will give up, something I never believed before.I know that many have given up after reading it; you may be one of them. But even if you are not, I believe it will help you in that battle! Good Luck!

I could only find the illustrated version in the bookstore so I decided to get it.The illustrated version is concise and funny. I actually found the illustrations to be more effective than the written version (which I read 3 years ago).After finishing the book I decided to quit. I’ve been smoke-free for three weeks! I’m also proud to say that I can go to parties, drink, and have no urge whatsoever to smoke. The book has a great way of showing the reader a different perspective of smoking in general.

This book is good. I had previously read the longer book and got the full message and education--which was fabulous, btw. This illustrated book is sort of a Reader’s Digest version of what the EasyWay to Stop Smoking set forth. Without the longer book, I’m not sure this book is completely "stand alone" in effectiveness compared to the longer book.

Download to continue reading...

Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking,Stop Smoking Forever,Stop Smoking Addiction,Quit Smoking ... Methods to Quit Smoking, Healthier Life) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) WhatÃ¢â ¬â„¢s Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) The Illustrated Easyway to Stop Smoking: A Smoker’s Guide to Just How Easy It Is to Quit Electric Smoker Cookbook Smoke Meat Like a PRO: TOP Electric Smoker Recipes and Techniques for Easy and Delicious BBQ (Electric Smoker Cookbook, ... Smoker Recipes, Masterbuilt Smoker Cookbook) Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) Quit Smoking: (Free Gift eBook Inside!) The #1 Guide on How to Quit Smoking Naturally, Break the Chain and Keep Moving Forward (Stop Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting) How I Quit

Smoking In 1 Single Day: A chain smoker’s true real life story (Stop Smoking) The Unofficial Masterbuilt Smoker Cookbook: A BBQ Smoking Guide & 100 Electric Smoker Recipes (Masterbuilt Smoker Series) (Volume 1) Unofficial MasterbuiltÃ Â® Smoker Cookbook: A BBQ Smoking Guide & 100 Electric Smoker Recipes (Unofficial MasterbuiltÃ Â® Smoker Recipes) The Unofficial MasterbuiltÃ Â® Smoker Cookbook 2: A BBQ Smoking Guide & 121 Electric Smoker Recipes (The Unofficial Masterbuilt Smoker Cookbook Series) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Pitmaster: 25 Best Smoking Meat Recipes That Will Impress Any Barbecue Fan (BBQ, Barbecue, smoking meat, Grilling, Pitmaster, smoker recipes, Smoker Cookbook) The Unofficial Masterbuilt Ã Â® Smoker Cookbook 2: A BBQ Guide & 121 Electric Smoker Recipes (The Unofficial Masterbuilt Smoker Cookbook Series) Smoking Meat: Fish Edition. : Delicious Smoking Fish Recipes for Everyone (Book 2, Smoked Fish Recipes Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) Masterbuilt Smoker Cookbook: The Ultimate Masterbuilt Smoker Cookbook: Simple and Delicious Electric Smoker Recipes for Your Whole Family (Barbeque Cookbook) (Volume 1) Masterbuilt Smoker Cookbook: The Ultimate Masterbuilt Smoker Cookbook: Simple and Delicious Electric Smoker Recipes for Your Whole Family (Barbeque Cookbook Book 1) Masterbuilt Smoker Cookbook: The Ultimate Masterbuilt Smoker Cookbook Ã¢â ¬â œ Simple and Delicious BBQ Recipes For Your Whole Family (Electric Smoker Recipes)

Contact Us

DMCA

Privacy

FAQ & Help