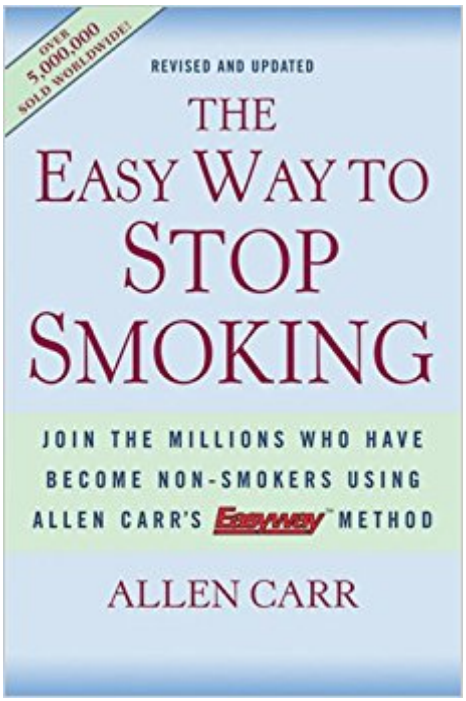
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The Easy Way To Stop Smoking: Join The Millions Who Have Become Non-Smokers Using Allen Carr's Easyway Method



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Synopsis

A new edition of the revolutionary bestseller, with four million copies in print. Allen CarrÃ¢â ¬â„¢s innovative Easyway methodÃ¢â ¬â •which he discovered after his own 100-cigarette-a-day habit nearly drove him to despairÃ¢â ¬â •has helped millions kick smoking without feeling anxious and deprived. ThatÃ¢â ¬â„¢s because he helps smokers discover the psychological reasons behind their dependency, explains in detail how to handle the withdrawal symptoms, shows them how to avoid situations when temptation might become too strong, and enables them to stay smoke-free. Carr discusses such issues as nicotine addiction; the social Ã¢â ¬Å“brainwashingÃ¢â ¬Â• that encourages smoking; the false belief that a cigarette relieves stress; the role boredom plays in sabotaging efforts to stop; and the main reasons for failure. With this proven program, smokers will be throwing away their packs for good.

Book Information

Hardcover: 224 pages

Publisher: Sterling; 1 edition (September 23, 2004)

Language: English

ISBN-10: 1402718616

ISBN-13: 978-1402718618

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.6 out of 5 stars 1,124 customer reviews

Best Sellers Rank: #99,867 in Books (See Top 100 in Books) #14 inÃ Â Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #9359 inÃ Â Books > Self-Help

Customer Reviews

I quit smoking on March 24, 2016 after 54 years of heavy smoking. I didn't use any kind of nicotine replacement--no pills, patches, gum, etc. This book is partly to credit for my success. The book is simplistic, but the repetition of the central theme--Quitting smoking is easy!--works effectively as a form of self-hypnosis. I recommend it for that encouragement, but you will find a wealth of perhaps more useful information at whyquit.com.The most important part of quitting is to make the decision to quit, to end one's addiction to nicotine. In order to do that you have to find a genuinely personal motivating reason for quitting. Once you do that it IS easy to quit.

I smoked for 26 odd years. The first smoking cessation event occurred, decades ago, via the cold

turkey method, which lasted all of six weeks.Noticed the 20th Anniversary (2005) edition, of this book, in a bookstore, in July, of 2011, and purchased it, on a lark, as the title was intriguing, and it was time to stop smoking again, as the price of cigarettes had become non-affordable, due to overtaxation, perpetrated by the anti-smoking zealots. Cancer is a heredity genetic defect, anti-smokers, inclusive of the author, disseminate misinformation that smoking results in cancer.The second attempt, at smoking cessation, in July, of 2011, was much easier, utilizing the tactical mental techniques taught, in this book; sans nicotine patches, inhalers, electronic cigarettes, etc. The mental technigues allows one to deflect, evade, ward off the nicotine craving until they fade; averting nicotine replenishment. A slicker, smarter, & easier methodology compared to plain cold turkey. Success requires smoking cessation to be a high priority personal objective, as the book only provides the tactical mental methodology, but not the motivation, which is crucial. Concurrence with the author's opinions appears to be irrelevant, to success, however deployment of the subtilely concealed tactical mental techniques, appears to be mandatory, for success. Slight personalization, making it more germane to oneself, is advisable, as it increases the probably of success. It made a difference, for moi.Cold turkey alone will wean one off the nicotine addiction, however it will not address or eliminate smoking recidivism, which the author attempts, to address, in the book, for the masses, utilizing generic solutions, applicable to the majority, which is why his smoking cessation methodology lasts, for the majority. Basically, one must eliminate, the desire; a.k.a., root cause elimination, for successful long term cessation.Quite economical given the price of the book, at the time, and more frugal when compared to the other methodologies. Recoupment of the initial financial investment (ROI) has occurred, many folds over, via avoidance of purchases of extremely overtaxed cigarettes. The extreme overtaxation makes smoking non-affordable, for the non-afflurent, financial discrimination.The passage of time, has validated, the methodology durability & sustainability, i.e., zero smoking recidivism, up to the moment, meriting posting of this review, on the second anniversary of smoking cessation. Paraphrasing the author favorite catchphrase: Yippie; I been a non-smoker, for two years.Posthumous thanks, and kudos to Mr. Allen Carr, the author, for the creation, and publication of an affordable low cost smoking cessation technique, of especial relevance to the indigents.7/16/2014 - Update; Yippie, I been a non-smoker, for three years now.7/16/2015 - Yippie, made it to the fourth year, really great ROI versus nicotine patches, etc.7/16/2016 - Yippie, made it to the fifth anniversary!7/17/2017 - Amazing, held for six years, zero recidivism, superior to cold turkey, nicotine gums, etc. Never heard of this book, nor the author before, a serendipitous find 6 years ago.

I think this has been said before, but you don’t get over 700+ reviews with 630+ of those being 5 stars (on) for nothing. It maintains the highest ratings for good reason. If you’re honestly looking to end this habit, you’ve come to the right place.Anyone who has quit cold turkey (for any length of time) should also read this book. Going through the rest of life feeling like you’re depriving yourself is burdensome; this book will dispel many misconceptions about the smoking / addiction process.My story (struggles) are similar to what the others have posted here. I am a 15 year former smoker, now in my late 30s. I’ll boil down what I took away from the book and my own experience.When you smoke, you’re really only ’fixing’ the withdrawal symptoms from the last cigarette you smoked. See, smoking only does one thing for you, but it does it well.It relieves the problem it creates.When you finish a smoke break, you’re back to ’normal’ again. (Nicotine level back up) At that point, do you proceed to smoke the rest of the pack? Of course not. You resume life (already in progress) because the withdrawal has been satisfied... that is until around an hour later when your body withdrawals from that cigarette. This is where you step out from life again, from that project you were trying to finish, from that social gathering... from your kids.This pattern of withdrawal / relief on such a frequent basis eventually touches (and becomes part of) all of life’s milestones, adventures and tribulations. In fact, smoking becomes the constant, ever dependable companion. Because it provides the feeling of relief, (never mind that it caused the need for it) the cigarette gets-all-the-credit, whatever the circumstance and you "enjoyed" it.Have a bad day?Time for a smoke.It didn’t fix the bad day, it only relieved your withdrawal pangs - but gets the credit for ’helping’.Have a good day?Time for a smoke.It didn’t make the good day better (it’s actually interrupted it) but since you’re being relieved, it becomes part of the overall good experience.Stressed? Same.Relaxed? Same.Bored: Same.Entertained: Same.Tired? Same.Can’t sleep? Same.Sounds like a wonder drug!Like Allen alludes to, smoking is like a pair of shoes that hurt your feet all day. Would you consider them a good pair because you enjoy the relief of slipping them off for 5 minutes every hour? Smoking is THE SAME DAMN THING.This book is now cheaper than the going rate for a pack of smokes these days.My smoking stats...Quit: 1/8/2009Days: 868 (2.38 Years)$ Saved: $6,290.4Cigarettes Not Smoked: 17,352 (at an avg. rate of a pack per day) wow!Life gained back: 121,464 Minutes or 2024.4 Hours or 84+ days or 2.77 months If I were to smoke those 17,352 cigarettes consecutively. (If stepping out for a cigarette takes 7 minutes)Reviews like the ones here were a significant part of my quit story 2 years ago. It is now my turn to contribute to others as I’ve been helped myself; I pray that this review will be part of your quit story 2 years from now when you’re free from bondage of smoking as well.Best wishes,DaMozeKnowz

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