



The Easy Way to Stop Smoking: Join the Millions Who Have Become Non-smokers Using Allen Carr's Easy Way Method

Allen Carr

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Allen Carr's innovative Easyway method—which he developed after his own 100-cigarette-a-day habit nearly drove him to despair—has helped millions kick smoking without feeling anxious and deprived. That's because he helps smokers discover the psychological reasons behind their dependency, handle the withdrawal symptoms, avoid situations when temptation might become too strong, and stay smoke-free. Carr discusses issues such as nicotine addiction; the social "brainwashing" that encourages smoking; the false belief that a cigarette relieves stress; the role boredom plays in sabotaging efforts to quit; and the main reasons for failure. With this proven program, smokers will throw away their packs for good.

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