

Allen Carr's The Only Way to Stop Smoking Permanently

By Allen Carr

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Author of the most successful stop smoking method of all time, Allen Carr here further exposes the traps of smoking and provides smokers with the motivation to break free forever.

This companion volume to Allen Carr’s Stop Smoking Now and Allen Carr’s Easy Way to Stop Smoking will help you:

• Achieve the right frame of mind to quit
• Avoid weight-gain
• Quit without dependence on rules or gimmicks
• Enjoy the freedom and choices that non-smokers have in life
• Quit without willpower

“I would be happy to give a medical endorsement of the method to anyone.” Dr PM Bray MB CH.b., MRCGP

Praise for Allen Carr’s Easyway:

“Allen Carr explodes the myth that giving up smoking is difficult” - The Times

“A different approach. A stunning success” - The Sun

“The Allen Carr method is totally unique.” - GQ Magazine

“His method is absolutely unique, removing the dependence on cigarettes, while you are actually smoking.” - Richard Branson

“I found it not only easy but unbelievably enjoyable to stay stopped.” - Sir Anthony Hopkins

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Editorial Review

About the Author
The common thread running through Allen Carr's work is the removal of fear - eliminating the phobias and anxieties which prevent people from being able to enjoy life to the full. Allen Carr's books include; Allen Carr's Easy Way to Stop Smoking, The Only Way to Stop Smoking Permanently, Allen Carr's Easyweigh to Lose Weight, How to Stop Your Child Smoking and The Easy Way to Enjoy Flying. A successful accountant, Allen Carr's hundred-cigarettes-a-day addiction was driving him to despair until, in 1983, after countless failed attempts to quit, he finally discovered what the world had been waiting for - the Easy Way to Stop Smoking. He has built a network of clinics that span the globe and gained a phenomenal reputation for success in helping smokers to quit. His books are published in over twenty languages and video, audio and CD ROM versions of his method are also available. Allen Carr died aged 72 in 2006.

Users Review

From reader reviews:

Dorothy Payne:

The book Allen Carr's The Only Way to Stop Smoking Permanently can give more knowledge and information about everything you want. Exactly why must we leave a good thing like a book Allen Carr's The Only Way to Stop Smoking Permanently? A few of you have a different opinion about publication. But one aim in which book can give many information for us. It is absolutely appropriate. Right now, try to closer using your book. Knowledge or information that you take for that, you may give for each other; it is possible to share all of these. Book Allen Carr's The Only Way to Stop Smoking Permanently has simple shape nevertheless, you know: it has great and big function for you. You can seem the enormous world by available and read a guide. So it is very wonderful.

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