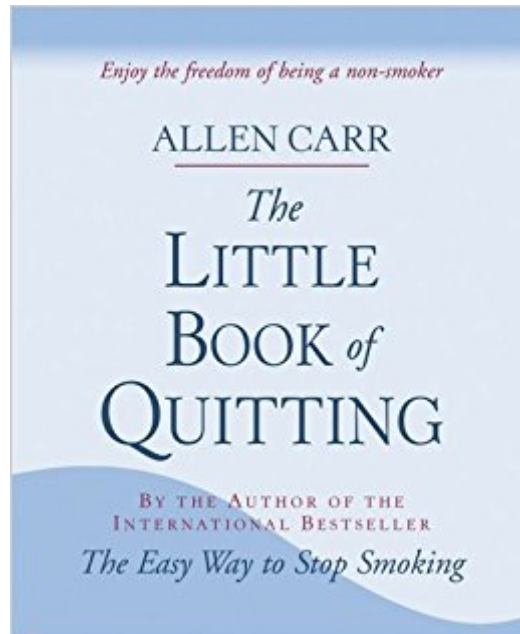




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The Little Book Of Quitting



Synopsis

Allen Carr's international bestseller, *The Easy Way to Stop Smoking*, has sold more than six million copies worldwide and helped to turn countless smokers into nonsmokers. *The Little Book of Quitting* crystallizes 120 key points of the Easyway method in a concise and readily accessible format. Carr's method can enable any smoker to quit easily, painlessly, and permanently without needing willpower, suffering withdrawal pangs, feeling deprived, or gaining weight. This is the perfect pocket refresher for those already applying Allen Carr's method, and a great starting point for all those who want to quit the Easyway. Allen Carr discovered the Easyway to stop smoking in 1983 after his three-decade-long, 100-cigarette-a-day addiction had driven him to despair. First published in 1985, *The Easy Way to Stop Smoking* has sold over six million copies worldwide and has been translated into more than twenty languages. In addition to his books, Allen has established the Allen Carr clinics, now operating in countries around the world.

Book Information

Paperback: 128 pages

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Shipping Weight: 3.2 ounces

Average Customer Review: 4.2 out of 5 stars 44 customer reviews

Best Sellers Rank: #570,287 in Books (See Top 100 in Books) #74 in Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #1434 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #43440 in Books > Self-Help

Customer Reviews

I came across this book on years ago, purchased several copies on , and have recommended it even more times. I am in the medical field and I meet many people who want to quit smoking. I do not have follow up with the people I give it to except one person who quit using it. It is not expensive to give away as you meet the right person for it from time to time. I am buying a few more now just to have around. I think it would be useful for any addiction, including sugar. Eventually people who give up smoking never THINK at all about cigarettes, never have a single urge to smoke, and have

moved on to better activities. I smoked years ago and quit with difficulty years ago and I can honestly say it NEVER crosses my mind at all now to have a cigarette. I do not miss them one bit! I also have given up Heath bars and a harmful relationship and NEVER miss either. This book was not available to me when I quit these things, but I can pass it on to other people now with encouragement. Give it a try!

I bought this as a gift but am familiar with 'Allen Carr's Easy Way to Stop Smoking' so I know Allen Carr was an excellent motivational speaker and writer. He came closest to getting me to permanently quit cigarettes (for months) before one day I smoked a cigarette and it made me so dizzy I never smoked another, you know, as if I suddenly smoked my 1st cigarette for the 1st time. Bizarre.

I bought as a gift

I joined a quit smoking group and tonight was our quit night to throw away our cigarettes, etc. Someone in our group brought this book and read it out loud. It had numerous AHA moments and several things that are really inspiring about quitting. I was hesitant on whether I'd be able to do it but after hearing some of the stuff in this book I now know - I CAN BE A NONSMOKER TOO! UPDATE: 3/29/2010 In 3 months I will be 2 years a nonsmoker, largely due to this book. Have not had one since the night I posted this review. This book is like a 'slap in the face' with realism as to what/why you smoke and why you should quit. You can do it too!!

This book helped me quit smoking....I was a smoker for 22 years, I highly recommend it!

read the full book, very helpful. my husband just read through this companion book...we both have been 100% smoke free since 9.16.2014 with no other support (ie, patches, gum etc)

Gift for friend trying to quit smoking.

I read this book a year ago and haven't smoked since. I had tried many other times and was not successful, I bought these copies for friends I care about hoping they have the success I did.

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Allen Carr's The Little Book of Quitting The Little Book of Quitting Little Bear Audio CD

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