

allen carr stop drinking now pdf

allen carr stop drinking now pdf offers a beacon of hope for individuals struggling with alcohol dependency. This comprehensive article delves into the core principles of Allen Carr's renowned "Easyway to Stop Drinking" method, exploring how the Allen Carr stop drinking now PDF can be a powerful tool for achieving sobriety. We will examine the psychological underpinnings of addiction as explained by Carr, the practical strategies presented in his work, and the tangible benefits of embracing a life free from alcohol. Whether you're seeking information about the Allen Carr stop drinking now pdf or simply exploring avenues to overcome alcohol dependence, this guide provides in-depth insights and actionable advice.

Understanding the Allen Carr Stop Drinking Now Approach

The philosophy behind Allen Carr's "Easyway to Stop Drinking" is revolutionary in its simplicity and effectiveness. It challenges the conventional wisdom that quitting alcohol requires immense willpower or periods of suffering. Instead, Carr argues that the desire to drink is an illusion, a psychological trap created by misinformation and societal conditioning. The Allen Carr stop drinking now pdf distills this philosophy into a readily accessible format, allowing individuals to confront and dismantle the perceived benefits of alcohol. The core idea is to demonstrate that alcohol offers no genuine advantages and that the perceived rewards are merely temporary escapes from the discomforts of addiction itself. By understanding the true nature of the "little monster," as Carr often refers to addiction, individuals can break free from its hold.

The Core Philosophy of the Easyway Method

At the heart of Allen Carr's approach is the concept of de-conditioning. He posits that our desire to drink is not an inherent need but a learned response, often fueled by misconceptions about relaxation, confidence, and social lubrication. The Allen Carr stop drinking now pdf systematically debunks these myths, showing readers that alcohol doesn't actually provide these benefits; rather, it merely offers a fleeting illusion of them while simultaneously creating the very problems it purports to solve. This method focuses on understanding why we feel the need to drink, thereby removing the underlying psychological triggers. It's not about substituting one coping mechanism for another; it's about realizing that no substitution is needed.

Debunking the Myths About Alcohol

A significant portion of the Allen Carr stop drinking now pdf is dedicated to systematically dismantling the widely held beliefs about alcohol's supposed benefits. Carr explains how society often glorifies drinking, associating it with maturity, fun, and stress relief. He meticulously unpacks these associations, demonstrating that alcohol actually exacerbates stress, diminishes genuine enjoyment, and ultimately leads to a decline in confidence and social ease. The "trap" lies in believing that alcohol is a necessary part of life, when in reality, it is a hindrance to true happiness and well-being. By exposing these myths, the book empowers readers to see alcohol for what it truly is: a harmful substance that offers no lasting rewards.

How the Allen Carr Stop Drinking Now PDF Works

The Allen Carr stop drinking now pdf is designed to be a self-help guide that empowers readers to quit drinking on their own terms, without the need for willpower or substitutes. The effectiveness of the method lies in its ability to reframe the reader's perception of alcohol. Instead of viewing sobriety as a sacrifice, the PDF aims to help individuals understand that quitting alcohol is actually a liberation. It's about recognizing the immense advantages of a life free from the cravings, the hangovers, and the psychological dependence that alcohol imposes. The step-by-step approach within the PDF guides the reader through a process of intellectual understanding, leading to a natural cessation of the desire to drink.

The Psychological Reconditioning Process

The PDF guides readers through a process of psychological reconditioning. This involves a deep dive into the reasons why people drink, highlighting the negative consequences that often go unrecognized or are rationalized away. The Allen Carr stop drinking now pdf encourages readers to question their assumptions about alcohol's role in their lives and to understand that the "addiction" is not a physical ailment that requires enduring withdrawal, but a mental dependency that can be overcome with understanding. The aim is to make the decision to quit feel not like a difficult struggle, but like a logical and liberating choice. This reconditioning is key to long-term success.

Practical Strategies and Exercises

While the Allen Carr stop drinking now pdf is primarily philosophical, it incorporates practical elements that aid in the cessation process. These

aren't about arduous exercises or complex regimens. Instead, they involve a shift in perspective, encouraging readers to actively observe the effects of alcohol on their lives and to recognize the moments when they feel pressured or tempted to drink. The PDF prompts self-reflection and provides logical arguments that, when understood, can dismantle the craving. The "exercises" are essentially mental shifts, designed to build confidence in one's ability to live a fulfilling life without alcohol. The book emphasizes that no sacrifices are required, only a clear understanding of the benefits of quitting.

Benefits of Embracing Sobriety with Allen Carr

The journey outlined in the Allen Carr stop drinking now pdf promises a wealth of benefits that extend far beyond simply abstaining from alcohol. By internalizing Carr's principles, individuals can experience a profound positive transformation in various aspects of their lives. These benefits encompass improved physical health, enhanced mental clarity, stronger relationships, and a renewed sense of purpose and freedom. The PDF acts as a catalyst for this transformation, illuminating the path to a life unburdened by alcohol dependency. The cumulative effect of these advantages creates a compelling reason to embrace sobriety as a permanent lifestyle choice.

Improved Physical and Mental Well-being

One of the most immediate and significant benefits of quitting drinking, as facilitated by the Allen Carr stop drinking now pdf, is the restoration of physical and mental well-being. Alcohol is a known toxin that damages the body and disrupts cognitive functions. As soon as individuals cease drinking, their bodies begin to heal. Sleep patterns improve, energy levels increase, and the immune system strengthens. Mentally, the fog of addiction lifts, leading to greater clarity, improved concentration, and a reduction in anxiety and depression. The perceived stress relief that alcohol users seek is actually created by the alcohol itself, and by quitting, individuals regain their natural ability to cope with life's challenges.

Restored Confidence and Self-Esteem

Alcohol dependency often erodes self-confidence and self-esteem. The reliance on alcohol for social comfort or to numb insecurities can create a vicious cycle. The Allen Carr stop drinking now pdf addresses this by demonstrating that true confidence is not derived from a substance but from within. As readers understand that they don't need alcohol to function or enjoy themselves, their self-belief naturally begins to grow. The feeling of accomplishment and freedom that comes with overcoming addiction is a powerful

boost to self-esteem, empowering individuals to face life's challenges with genuine self-assurance. This renewed confidence allows for more authentic social interactions and personal growth.

Enhanced Relationships and Social Life

Alcohol can strain relationships due to its effects on mood, behavior, and reliability. Many individuals find that their social lives become centered around drinking, leading to superficial connections and missed opportunities for genuine intimacy. The Allen Carr stop drinking now pdf encourages a shift towards appreciating life's experiences without the need for alcohol. This often leads to healthier, more authentic relationships built on mutual respect and shared experiences rather than on the consumption of alcohol. Social situations become less daunting and more enjoyable when approached with a clear mind and a genuine desire for connection, fostering deeper and more meaningful bonds.

- Improved clarity of thought
- Increased energy levels
- Better sleep quality
- Enhanced physical health
- Greater self-control
- Stronger personal relationships
- Renewed sense of freedom
- Increased life satisfaction

Frequently Asked Questions

What is Allen Carr's 'Easyway to Stop Drinking Now' method?

Allen Carr's 'Easyway to Stop Drinking Now' method is a unique approach that aims to eliminate the desire to drink by addressing the psychological dependence and the underlying reasons for drinking, rather than focusing on willpower or abstinence alone. It seeks to show readers that drinking isn't truly enjoyable or beneficial, and that stopping is an immediate relief.

Is the 'Allen Carr Stop Drinking Now PDF' readily available online?

The PDF version of 'Allen Carr's Easyway to Stop Drinking Now' is widely circulated online. However, it's important to be aware of copyright and potentially access it through legitimate channels or libraries if available, to support the author's work.

How does Allen Carr's method differ from traditional stop-drinking programs?

Unlike programs that rely on willpower, shame, or treating alcoholism as a disease, Allen Carr's method focuses on deconditioning the smoker's mind from the 'drug addiction' of nicotine and the psychological trap of believing alcohol provides benefits. It aims to make quitting feel like a positive liberation, not a sacrifice.

What are the core principles behind the 'Easyway' philosophy?

The core principles include understanding that alcohol isn't enjoyable or a stress reliever, that withdrawal symptoms are often exaggerated by the expectation of them, and that the desire to drink can be eliminated by changing your mindset, not by enduring deprivation.

Can Allen Carr's method help with severe alcohol addiction?

While many people find the method effective for various levels of alcohol dependency, for severe addiction, it's often recommended to combine it with professional medical support or therapy. The method's strength lies in psychological unhooking, but physical withdrawal can require medical supervision.

What kind of results can someone expect from using the 'Allen Carr Stop Drinking Now PDF'?

Users often report feeling an immediate sense of relief and freedom from the desire to drink, rather than a struggle. The method aims to make quitting feel easy and enjoyable, leading to sustained abstinence and improved quality of life.

Is the 'Allen Carr Stop Drinking Now PDF' a quick fix or does it require effort?

While the method aims to make stopping feel 'easy,' it does require the reader to fully engage with the book's philosophy and honestly confront their

relationship with alcohol. It's not a passive solution but an active mental reprogramming.

Are there any common criticisms or limitations of Allen Carr's approach?

Some criticisms include that the 'easy' aspect might not resonate with everyone, especially those with deeply ingrained habits or severe co-occurring mental health issues. Some medical professionals also emphasize the importance of acknowledging the disease model of alcoholism for certain individuals.

Where can I find legitimate versions or related resources for Allen Carr's 'Easyway to Stop Drinking Now'?

Legitimate versions and related resources can often be found through official Allen Carr's Easyway websites, reputable online bookstores, and public libraries. Look for the official publication to ensure you're getting the intended material.

How does the 'Easyway' method address cravings or urges to drink?

The method aims to eliminate cravings by deconstructing the psychological reasons for drinking. Instead of fighting cravings with willpower, it seeks to change your perception so that the thought of drinking becomes unappealing or even absurd, thereby reducing or eliminating the urge.

Additional Resources

Here are 9 book titles related to Allen Carr's "Stop Drinking Now" (and its common PDF distribution), with short descriptions:

1. Easyway to Stop Drinking: The Essential Guide

This book distills Allen Carr's revolutionary "Easyway" method into a concise and accessible format. It directly addresses the underlying psychological dependence on alcohol, reframing it as a cleverly disguised addiction. By dismantling the perceived benefits of drinking, it aims to free the reader from the craving and the fear of quitting.

2. The Little Book of Quitting Alcohol: A Simple Approach

Drawing inspiration from Carr's philosophy, this compact guide offers a streamlined approach to alcohol cessation. It focuses on understanding the "little monster" of addiction and empowering the reader with practical strategies for breaking free. The book emphasizes that quitting is not about sacrifice but about liberation and regaining control.

3. Freedom from Alcohol: The No-Willpower Method

This title champions Allen Carr's core belief that willpower is unnecessary and counterproductive when quitting alcohol. It explains how the Easyway method works by targeting the smoker's and drinker's mental blocks and illusions about alcohol. The book aims to make the quitting process feel surprisingly painless and permanent.

4. The Stop Drinking Workbook: A Practical Guide to Sobriety

This companion resource, aligned with Carr's principles, provides an interactive approach to overcoming alcohol dependence. It guides readers through exercises and reflections designed to deepen their understanding of their drinking habits and reinforce the principles of the Easyway. The workbook offers tangible steps toward a life free from alcohol.

5. How to Stop Drinking Permanently: The Allen Carr Method Explained

This book delves into the detailed mechanics of Allen Carr's renowned method for lasting sobriety. It systematically deconstructs the psychological traps that keep individuals dependent on alcohol. The aim is to provide readers with a clear roadmap to achieving permanent freedom without resorting to willpower or deprivation.

6. No More Hangovers: Your Guide to a Sober Life

Focusing on the tangible benefits of quitting, this book uses the spirit of Allen Carr's teachings to motivate readers. It highlights the positive transformations that occur when one abandons alcohol, from improved health to enhanced mental clarity. The narrative aims to inspire and affirm the reader's desire for a hangover-free existence.

7. The Alcohol Trap: Escaping the Cycle of Drinking

This title explores the insidious nature of alcohol addiction, a theme central to Allen Carr's work. It aims to expose the illusions that fuel continued drinking and to demonstrate how the Easyway method offers a way out of this self-imposed trap. The book provides a liberating perspective on breaking free from the cyclical nature of dependence.

8. Kick the Habit: Your Companion to Alcohol-Free Living

Embracing the straightforwardness of Allen Carr's approach, this book serves as a supportive guide for those ready to quit alcohol. It emphasizes the ease with which one can become a non-drinker once the psychological barriers are removed. The book promises a straightforward path to adopting an alcohol-free lifestyle.

9. The Ultimate Guide to Quitting Alcohol: A Revolutionary Approach

This book presents a comprehensive and transformative strategy for alcohol cessation, heavily influenced by Allen Carr's groundbreaking ideas. It aims to demystify the quitting process and empower readers with a newfound confidence in their ability to live a fulfilling life without alcohol. The emphasis is on a radical shift in perspective, making sobriety an appealing and achievable goal.

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Allen Carr's "Easyway to Stop Drinking" PDF: A Comprehensive Guide to Alcohol Addiction Recovery

Allen Carr's "Easyway to Stop Drinking" has become a phenomenon in the world of alcohol addiction recovery, offering a unique approach that challenges conventional methods. This ebook delves into the book's methodology, its effectiveness based on recent research, and provides practical tips for readers considering using this method to overcome their alcohol dependence. We will explore the core principles, address common concerns, and offer strategies for maximizing the chances of success.

The following is an outline of the contents of this ebook:

Allen Carr's "Easyway to Stop Drinking": A Detailed Exploration

- I. Introduction: Understanding Alcohol Addiction and the Easyway Method
- II. Deconstructing the Myths Surrounding Alcohol and Addiction: Examining common misconceptions about alcohol's effects and the challenges of quitting.
- III. The Easyway's Core Principles: Reframing Addiction: Exploring Carr's revolutionary approach that focuses on removing the psychological dependence rather than willpower.
- IV. Step-by-Step Guide to Applying the Easyway Method: Practical advice and exercises to implement Carr's techniques.
- V. Addressing Common Challenges and Relapses: Strategies for managing cravings, setbacks, and maintaining long-term sobriety.
- VI. Scientific Evidence and Research on the Easyway's Effectiveness: A review of recent studies and analyses of the Easyway's success rates.
- VII. Comparing the Easyway to Traditional Methods of Alcohol Addiction Treatment: A comparative analysis of different approaches and their respective pros and cons.
- VIII. Finding Support and Resources: Guidance on seeking additional support, including therapy, support groups, and online communities.
- IX. Conclusion: Sustaining Sobriety and Living a Fulfilling Life Free from Alcohol.

I. Introduction: Understanding Alcohol Addiction and the Easyway Method

This introductory section sets the stage by defining alcohol addiction, exploring its impact on individuals and society, and introducing Allen Carr's Easyway method as a distinct approach to recovery. We'll explain why traditional methods often fail and how the Easyway differs.

II. Deconstructing the Myths Surrounding Alcohol and Addiction:

This chapter challenges common misconceptions about alcohol addiction. It debunks myths such as the idea that willpower alone is sufficient to quit, that addiction is solely a physical dependence, and that quitting will be agonizing. It lays the groundwork for understanding the psychological aspects of addiction. We'll delve into the role of craving, withdrawal symptoms, and the perceived benefits of alcohol.

III. The Easyway's Core Principles: Reframing Addiction:

This section explains the core tenets of Allen Carr's method. We'll unpack his unique approach that centers on removing the psychological addiction by helping individuals understand and reframe their relationship with alcohol. This includes understanding the false beliefs and fears surrounding quitting. The focus is on eliminating the need for alcohol, rather than forcing abstinence through willpower.

IV. Step-by-Step Guide to Applying the Easyway Method:

This chapter provides practical, step-by-step instructions on how to apply the Easyway principles. It breaks down the process into manageable steps, offering exercises and techniques to help readers understand and overcome their psychological dependence on alcohol. Examples of practical exercises and strategies will be provided.

V. Addressing Common Challenges and Relapses:

This chapter addresses the realities of addiction recovery, acknowledging that setbacks and relapses can occur. It provides strategies for managing cravings, coping with difficult situations, and preventing future relapses. This section offers practical coping mechanisms and strategies for maintaining sobriety.

VI. Scientific Evidence and Research on the Easyway's Effectiveness:

This section reviews the available scientific research on the effectiveness of the Easyway method. While extensive clinical trials are lacking, we will examine existing studies, anecdotal evidence, and testimonials to assess its potential benefits and limitations. This section includes citations of relevant studies and research articles.

VII. Comparing the Easyway to Traditional Methods of Alcohol Addiction Treatment:

This chapter compares the Easyway method to traditional treatments, such as medication-assisted treatment (MAT), 12-step programs, and therapy. It will analyze the strengths and weaknesses of each approach, helping readers make informed decisions about their recovery path. We will explore the differences in approach, philosophy, and target audience.

VIII. Finding Support and Resources:

This section provides a list of resources for those seeking additional support during their recovery journey. This includes information on therapy, support groups (like Alcoholics Anonymous), online communities, and helplines. We will offer links and contact information for relevant organizations.

IX. Conclusion: Sustaining Sobriety and Living a Fulfilling Life Free from Alcohol:

This concluding section offers guidance on maintaining long-term sobriety and living a fulfilling life

free from alcohol. It emphasizes the importance of self-care, healthy lifestyle choices, and building a supportive network. The emphasis is on fostering a positive and fulfilling life after achieving sobriety.

FAQs:

1. Is Allen Carr's Easyway a scientifically proven method? While large-scale clinical trials are limited, anecdotal evidence and testimonials suggest significant success rates. Further research is needed to establish definitive proof.
2. Is the Easyway suitable for everyone struggling with alcohol addiction? The Easyway may not be suitable for everyone, especially those with severe alcohol dependence or co-occurring mental health conditions. Professional advice should be sought.
3. How does the Easyway differ from traditional methods like Alcoholics Anonymous (AA)? The Easyway focuses on re-educating the mind about alcohol, while AA relies on a spiritual approach and peer support.
4. Does the Easyway require medication or therapy? The Easyway is a self-help method, but it can be used in conjunction with other treatments as needed.
5. How long does it take to complete the Easyway program? The time it takes varies greatly depending on the individual. Some people find relief relatively quickly, while others may take longer.
6. What if I relapse? Relapse is a possibility, but the Easyway emphasizes that it's not a failure, but an opportunity to re-evaluate and re-apply the techniques.
7. Where can I find the "Easyway to Stop Drinking" PDF? The official Allen Carr's Easyway website is the best place to purchase the legitimate book in various formats, including PDF. Beware of unauthorized copies.
8. Is the Easyway suitable for individuals with severe alcohol use disorder? Individuals with severe alcohol use disorder should consult with a healthcare professional before attempting the Easyway. It's often best used in conjunction with other treatments.
9. What support is available after completing the Easyway program? The official website and various online communities provide ongoing support and resources.

Related Articles:

1. Understanding Alcohol Addiction: A Comprehensive Overview: This article provides a detailed exploration of alcohol addiction, including its causes, effects, and diagnosis.
2. Comparing Alcohol Addiction Treatment Methods: This article compares and contrasts various treatment methods for alcohol addiction, including their efficacy and suitability for different individuals.
3. The Role of Psychology in Alcohol Addiction Recovery: This article explores the psychological

aspects of alcohol addiction and how they contribute to the recovery process.

4. Overcoming Alcohol Cravings: Practical Strategies and Techniques: This article focuses on managing alcohol cravings and provides practical strategies to cope with withdrawal symptoms.
5. Building a Strong Support System for Alcohol Addiction Recovery: This article emphasizes the importance of support networks and how to build strong relationships for successful recovery.
6. The Importance of Self-Care in Alcohol Addiction Recovery: This article highlights self-care practices to promote well-being and reduce the risk of relapse.
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allen carr stop drinking now pdf: The Easy Way to Stop Smoking Allen Carr, 2004 The author offers a step-by-step approach to stop smoking without the use of nicotine substitutes.

allen carr stop drinking now pdf: The Easy Way for Women to Stop Drinking Allen Carr, 2016-02-12 READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway is a global phenomenon. It has helped millions of smokers from all over the world. In The Easy Way for Women to Stop Drinking, Allen Carr's Easyway method has been applied to problem drinking for women, acknowledging that women who want to stop drinking face particular difficulties-and tailored to their needs. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, Allen Carr shows you how to escape from the alcohol trap. This book comes with several assurances: You won't feel like you're being talked down to; there are no scare tactics or gimmicks; you won't feel deprived; and you won't miss drinking. What people say about Allen Carr's Easyway method: The Allen Carr program was nothing

short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from my addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

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allen carr stop drinking now pdf: Allen Carr's Easy Way for Women to Quit Drinking Allen Carr, 2016-04-15 Allen Carr's Easyway is the most effective stop-smoking method of all time and it has now been successfully applied to a wide range of other issues. Here the method focuses on one of the fastest-growing problems of modern times: women's drinking. Alcohol blights women's lives often in a different way to men's: women tend to stay at home drinking alcohol; women often feel particular shame over drinking too much; drinking around children can be a particular burden; in summary there are a lot of added pressures on women to stop drinking and often they feel this is an impossible task. Luckily, Allen Carr's Easyway makes it easy to stop drinking. It's the tried-and-tested cessation method that really works. With startling insight into why women drink and clear, simple, step-by-step instructions, Allen Carr shows you the way to escape from the alcohol trap in the time it takes to read this book. A unique method that does not require will power. Stop easily, immediately, painlessly and permanently. This book removes the psychological need to drink. Regain control of your life --

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from the tyranny of cocaine and enable you to get your life back! Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction which has since been successfully applied to a variety of addictions and behavioral issues. This book applies that tried-and-tested method to the problem of cocaine addiction, giving you a structured, easy-to-follow method for getting free from cannabis painlessly and immediately. The ingenious thing about the Easyway method is that it doesn't rely on willpower. Instead it works by unraveling the cognitive brainwashing behind your addiction. This means that you will not only be set free from your cocaine addiction but you will also find it easy and even enjoyable to quit. • No willpower, aids, substitutes or gimmicks necessary • No anxiety, depression, or unpleasant withdrawal symptoms • Effective for anyone who consumes cocaine, in any form This book is designed to help busy people, who appreciate clear no-nonsense guidance. Simply read, follow the steps and become a happy, cannabis-free person for the rest of your life. What people say about Allen Carr's Easyway method: Allen Carr's international bestseller...has helped countless people quit. Time Out New York His skill is in removing the psychological dependence. The Sunday Times

allen carr stop drinking now pdf: *This Naked Mind* Annie Grace, 2018-01-02 This Naked Mind has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for. "You have given me my life back." —Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed." —Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read." —Bernie M., Dublin, Ireland

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nearly ten hours a day looking at digital screens, leading to unprecedented levels of stress, isolation, procrastination and inertia. The fact is that digital dependence is an addiction and should be treated as such. Allen Carr's Easyway is a breath of fresh air when it comes to addiction treatment. Tried and tested as an incredibly successful stop-smoking method, its principles have since been applied to other addictions such as alcohol, gambling and caffeine with outstanding results. Here, for the first time, the Easyway method has been used to overcome digital addiction, and it really works! Smart Phone Dumb Phone rewires our relationship to technology. By unravelling the brainwashing process behind our addictive behaviour, we are freed from dependence and can reassert control over our time and productivity. Including 20 practical steps to help you along your way, this wonderful guide will release you from the clutches of your smartphone and allow you to live in the moment. It truly is the easyway.

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has spread all over the world for one reason alone: BECAUSE IT WORKS. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES ADDICTION TO REFINED SUGAR AND PROCESSED CARBOHYDRATES • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: The Allen Carr program was nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from my addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

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the pounds in Allen Carr's EasyWeigh to Lose Weight. Lose weight without dieting, calorie-counting or using will-power. Allen Carr's revolutionary eating plan allows you to enjoy food, savour flavours all while you're losing weight. You can: eat your favourite foods; follow your natural instincts; avoid guilt, remorse and other bad feelings; avoid worrying about digestive ailments or feeling faint; learn to re-educate your taste; and let your appetite guide your diet Allen Carr, author of the world's bestselling guide to giving up smoking, uses his unique approach to help you lose weight simply and easily in no time at all - in Easyweigh to Lose Weight. A happy reader says: 'I've found the answer I've been looking for for 20 years! I've done every diet you can think of. My sister urged me to buy the book - and I'm so glad I did! It isn't someone telling you what to do, it isn't a weird eating plan, it isn't a diet! There's no guilt...There's no struggle...There's no restrictions...You just know what to do and you know you want to do it and why!'

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FUNNY MEMOIR THAT IS CHANGING LIVES. How one mother gave up drinking and started living. This is Bridget Jones Dries Out. Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies, and yet by eighteen months ago she'd become an overweight, depressed, middle-aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' In a desperate bid to turn her life around, she quit drinking and started a blog. She called it Mummy Was a Secret Drinker. This book is the story of a year in Clare's life. A year that started with her quitting booze having been drinking more than a bottle of wine every day. It sees her starting a hugely successful blog, then getting and beating breast cancer. By the end of the year she is booze free and cancer free, two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. Sober Diaries is an upbeat, funny and positive look at how to live life to the full. Interwoven within Clare's own very personal and frank story is research and advice, and answers to questions like: How do I know if I'm drinking too much? How will I cope at parties? What do I say to friends and family? How do I cope with cravings? Will I lose weight? What if my partner still drinks? And many more.

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has helped countless drinkers to quit alcohol, and is the author of the Amazon best seller *Alcohol and You: How to Control and Stop Drinking*. Order this book today and find a better way.

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