

Quit Smoking Today Without Gaining Weight Book Cd

This Monograph provides a comprehensive overview of tobacco cessation, from health policy to patient care. Broad in scope, this state-of-the art collection is broken down into four sections: the changing landscape of the tobacco epidemic and challenges to curb it; treatment of tobacco dependence (pharmacotherapy, behavioural support); improving the care of patients with particular conditions who smoke (asthma, COPD, TB, cardiovascular diseases, etc.); and prevention. It also deals with some of the more controversial topics such as e-cigarettes and web applications. Readers will gain an understanding of how to implement smoking cessation into their everyday practice, but will also expand their knowledge about the policy and systems changes needed for population-wide smoking cessation.

Concentrating on that crucial period when the smoker is getting ready to quit, the author shows how to overcome the psychological barriers to freedom from cigarettes.

Allen Carr was a chain-smoker, who used to get through 100 cigarettes a day until he discovered the 'Easyway to Stop Smoking' in 1983. His method involves a psychological reappraisal of why people smoke as well as understanding the subtle and pervasive nicotine trap and how it works.

Set yourself free from smoking. Strategy trumps willpower! Personal stories paired with moving photographic portraits. Empathetic, non-judgmental advice to stop smoking for good. Have you tried to quit smoking, only to find yourself reaching for a cigarette again and again? Tired of feeling bad about your health and making promises to the ones that love you? Set a "learning" mindset and reframe these past quit attempts as trial runs. It's not your fault that you are a smoker. Nicotine is incredibly addictive, but you can beat it! Your amazing life as a non-smoker lies just around the corner. This book provides the friendly, positive support you need on your quit smoking journey. Simply by reading this book, you'll take an extremely important step to stop smoking cigarettes and end nicotine addiction. Every person's journey is different, and yours is unique. The work that you're embarking on is shared by the 24 people interviewed for Learning to Quit. Join millions of ex-smokers around the world who have broken free from tobacco. You'll not only learn how to quit smoking; the medical section will equip you with vital health information. Learn how smoking effects your lungs, heart, brain, mood, weight and pregnancy. Explore different smoking cessation medication options. Feel inspired learning how quickly your health and quality of life will improve after you smoke your last cigarette. Learn more about the vaping controversy, plus vaping dangers and health risks. Suzanne Harris, RN, NCTTP and Paul Brunetta, MD cofounded the Fontana Tobacco Treatment Center and are both former smokers. They've offered assistance to over 1000 smokers seeking help. They specifically developed Learning to Quit share the action plan, knowledge and support you need to

take control of your health. This book is not just about becoming smoke-free, it's also about change; it's about radically changing your life by ending a huge relationship-your tobacco dependence. **BONUS:** This book includes access to an entire library of free resources, including quit plans, mindset exercises, nicotine dependence tests and more!

Allen Carr's Easyway is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. First used as an internationally renowned and incredibly successful stop-smoking method, this cutting-edge approach now addresses the fastest-growing nicotine delivery system in the world, vaping. The Easyway method tackles addiction from an entirely different angle. Rather than employing scare-tactics and enforcing painful restrictions on your vaping habits, it unravels the cognitive brainwashing behind your addictive behavior. In this way, it removes the desire to vape altogether without willpower or sacrifice. Whether you use e-cigarettes, JUUL, tanks or pens, or any kind of mod or pod, this method will work for you. All you have to do is read this book in its entirety, follow all of the instructions and you will be set free from your addiction to nicotine. • Does not rely on willpower, aids, substitutes, or gimmicks • Works without unpleasant withdrawal symptoms • Clinically proven to be AT LEAST as effective as UK health service's Gold Standard Stop Smoking Service. What people say about Allen Carr's Easyway method: "Allen Carr's international bestseller...has helped countless people quit." Time Out New York "I read this book and quit smoking instantly" Nikki Glaser "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

Are you worried about how smoking is damaging your health? Do you want to quit smoking, but worry that you'll gain weight? Would you like to stop cravings in a matter of moments? Have you tried to quit before, only to start again? If quitting was easy, would you do it today? THEN LET PAUL McKENNA HELP YOU! Over the past three decades, Paul McKenna, Ph.D., has developed a unique approach that makes quitting surprisingly easy. Through the simple conditioning techniques revealed in this book and downloadable hypnosis session, you can retrain your mind and body so you no longer need cigarettes and actually feel better without them. Better still, you are highly unlikely to gain weight in the process! It doesn't matter if you've smoked all your life, if you've tried to quit many times before, or if you don't believe this system will work for you. All you have to do is follow Dr. McKenna's instructions fully and completely and he can help you to feel free of cigarettes.

DR. SEBI CURE FOR smoking diseases MADE EASY If you are looking for proven ways to naturally eliminate or get rid of smoking diseases from your body completely, then you should read further. If you have tried a lot of expensive drugs and you are very confused because it is ineffective. Dr. Sebi before he died was a naturalist, biochemist, pathologist and herbalist. He made research and identified wonderful herbs and found a wonderful methodology to heal the human body

making use of alkaline diets Based on Dr Sebi, mucus is the major cause of every disease including smoking diseases In the pages of this book, I will show you how to get treated and cured of smoking diseases making use of recommended methodology Get your copy today by scrolling up and clicking Buy Now to get your copy today

The primary purpose of this book and its companion volume The Behavioral Genetics of Nicotine and Tobacco is to explore the ways in which recent studies on nicotine and its role in tobacco addiction have opened our eyes to the psychopharmacological properties of this unique and fascinating drug. While The Behavioral Genetics of Nicotine and Tobacco considers the molecular and genetic factors which influence behavioral responses to nicotine and how these may impact on the role of nicotine in tobacco dependence, the present book focuses on the complex neural and psychological mechanisms that mediate nicotine dependence in experimental animal models and their relationship to tobacco addiction in humans. These volumes will provide readers a contemporary overview of current research on nicotine psychopharmacology and its role in tobacco dependence from leaders in this field of research and will hopefully prove valuable to those who are developing their own research programmes in this important topic.

?? DOWNLOAD THE BONUS FOR FREE (+53 EXERCISE CARDS INCLUDED) Are you obsessed with cigarettes? Have you ever tried to quit smoking without resigning yourself to the idea? Have you quit smoking but got weight? You don't know how to live without a cigarette, you can't concentrate, do you crave and experience social discomfort without it? Can't stop smoking? Are you compulsive and without loneliness? Have you undergone an anti-smoking treatment? Have you already read a famous book without success? ?? Quitting smoking has never been so concrete and lasting. Unlike Allen Car's overrated It's Easy to Quit Smoking, QUIT SMOKING EASILY the Definitive Handbook provides the most comprehensive structured and effective path that exists in the market. BY FOLLOWING THE BOOK YOU WILL LEARN: How to get rid of the cigarette in a simple, lasting and effective way Anticipate knowing, anticipating and understanding the triggering moments and defusing them before they occur Quit smoking and achieve a healthy weight without gaining weight Improve your health in general and improve physical and mental performance Become, revert to being a non-smoker (you will not be an ex-smoker) By reading the book you will go through these STEPS: AWARENESS In which you will learn and discover a lot about yourself and the relationship with the cigarette DETERMINATION In which you will develop the energy to leave effectively ACTION You will take the correct and timely actions to get immediate benefit REFURBISHMENT you will cement your new non-smoker behaviours The author will follow you step by step just as he was with you. Inside, you will find the cards that you could fill in and that will help you get rid of this evil. You will finally be free!

One of the main complaints people have about quitting smoking is the weight gain that follows. The Compass health Transformer, is a system that empowers people to take charge of their lives by transforming their health. One of the key ways, this can be done, is to quit smoking. This book outlines the natural 7-step process that will help you to quit smoking without gaining weight. These steps are simple, easy to apply and will certainly help anyone thinking of quitting smoking to find a way to do it, without gaining weight or replacing one addiction with another. The Compass Health transformer Quit Smoking, will help many people who struggle to quit smoking without gaining weight to finally do it without getting addicted to other substances or replace the craving for tobacco with another.

Here is the only book available that shows readers how to kick the habit and keep their shape. A simple three-part program shows readers

how to train for three weeks, quit in a week, and avoid relapse and weight gain with an effective maintenance plan.

This unique clinical handbook offers the knowledge, skills, and materials needed to help all types of smokers, even the most hard-core, successfully quit. Provided are assessment tools, treatment planning guidelines, and a series of complete treatment packages, ranging from ultra-brief to more intensive options. Designed for use in a variety of settings by a wide range of providers, the volume is evidence-based and consistent with the latest national guidelines on best practice. The authors, leading scientist-practitioners, incorporate the latest pharmacotherapeutic approaches as well as proven motivational, cognitive, and behavioral techniques. Strategies are presented for tailoring treatment to individual smokers and for preventing relapse. Also included are session-by-session intervention guidelines, helpful case examples, and dozens of requisite handouts and forms, ready to photocopy and use. Key Features No other book presents the full range of empirically supported treatments. Practical: includes step-by-step guidelines, cases, reproducible patient forms. Consistent with best-practice recommendations issued by the Surgeon General, the American Psychiatric Association, and the British Thoracic Society. Describes approaches with and without pharmacotherapy. Photocopy Rights: The Publisher grants individual book purchasers nonassignable permission to reproduce selected materials in this book for professional use. For details and limitations, see copyright page.

Read this book and you will be able to quit smoking with ease and without gaining weight.

We all know the health risks of smoking, but that does not make it any easier to quit the habit. You can quit smoking with a little help. This book will take you through the stages of quitting smoking step-by-step. You will learn how to get ready, how to quit, and how to make sure that you do not relapse. You are probably at the stage where part of you wants to quit smoking, but part of you does not. Maybe you are worried about withdrawal, or afraid that you will fail. Put those thoughts aside for now. Focus on why you want to quit, and that will give you the motivation to succeed. The good news about smoking is that it does not matter how much you have smoked or how long you have smoked. If you quit now, your body will begin to repair itself and will take care of you even after years of neglect.

Allen Carr's Easy Way to Stop Smoking is a self-help classic, with over 15m copies sold worldwide. It has been a #1 bestseller in nine European countries. It outsells all other quit smoking titles combined. This edition has been developed specifically for smokers in the Canada. This seminal book has enabled millions of smokers to quit easily and enjoyably using Carr's simple, drug-free approach.

Have you been thinking of quitting smoking but are afraid of gaining weight in the process as you deal with the withdrawal symptoms of quitting smoking? And have you recently come across information suggesting there is a diet that can help you quit smoking and are wondering how exactly that is even wildly possible? If you've answered YES, keep reading... You Are About To Discover How It Is Wildly Possible To Use Diet To Quit Smoking, For Good And Effectively Deal With All The Withdrawal Symptoms That May Come, Keep Off Weight Gain And More! There are many reasons why people gain weight massively after they quit smoking, and some of them include the effect of nicotine withdrawal on the body system like the constant feeling of hunger pangs, slower metabolism, and comfort eating as a result of the emotional imbalance and so on. Considering the negative effects smoking has on the body, gaining weight often makes things worse and puts your life at a higher risk. So I understand your concern, and am confident that you can leverage the power of Dr. Sebi's diet would work for you based on its detoxification and weight management benefits. But I know that you might often ask yourself: Who is Dr. Sebi? What does his diet look like? How does his diet help in quitting smoking and managing body weight? What foods does he recommend eating or quitting? Is the diet really effective or is it like these other fads sprouting every day? To answer these and many more questions, and show you how you can change your life with one of the best diets on the planet is this simple beginners' book. Here's a tiny bit of what you'll learn

from it: Who Dr. Sebi is Dr. Sebi's approach to successfully quitting smoking and why it is effective Why detox and revitalizing your body is important What you should eat or avoid to detox your body Dr. Sebi's recipes to help you quit smoking Why Dr. Sebi's diet is effective and why you should get started with it immediately ...And much, much more! Smoking appears to change the distribution of fat in the body, and when you quit smoking, it's possible to experience accelerated weight gain. The best weight management approach when you begin the process of quitting has to be able to keep you healthy while helping you burn fat and get rid of the stored toxins. Dr. Sebi's diet clearly has a good reputation in that regard, and all you need is a helping hand to guide you through it. Even if you are the skeptical type, this book will prove you otherwise and make you start believing in the power of diet in transforming health! Are you ready to get started? Scroll up and click Buy Now With 1-Click or Buy Now to begin your journey today!

A guide for people who are trying to give up smoking but are concerned about weight gain presents a safe and simple program based on the latest research in metabolism, biochemistry, and smoking cessation

Quit Smoking Today Without Gaining Weight Hay House, Inc

'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading quit smoking expert, Allen was right to boast! This classic guide to the world's most successful stop smoking method is all you need to give up smoking. You can even smoke while you read....

Presents the Easyway method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and practical advice on how to successfully break the habit.

Allen Carr's Easyway is the most successful stop-smoking method of all time. It has helped millions of smokers from all over the world quit instantly, easily, painlessly and permanently. Stop Smoking Now is the new, cutting-edge presentation of the method. Updated and set out in a clear, easy-to-read format, this book makes it simpler than ever before to get free. Allen Carr's Easyway does not rely on willpower as it removes your desire to smoke. It eliminates the fears that keep you hooked and you won't miss cigarettes. It works both for heavy and casual smokers and regardless of how long you've been smoking. There are no gimmicks or scare tactics, you won't put on weight, and you can even smoke when you read. Allen Carr's books have sold over 15 million copies to date in more than 40 different languages and Stop Smoking Now is the newest presentation of the Easyway message, updated for the 21st century but still centred on the world's most effective stop-smoking programme—the tried and tested Easyway method, 'the one that works'. The Allen Carr method has been presented here in a lively, informative and streamlined way. This book brings the original Easyway concept bang up to date, incorporating lessons that have been learned from those who teach in the global network of Allen Carr clinics. No one has more experience of helping smokers quit.

Collects information on how smoking impacts women's health, providing strategies for quitting.

Millions of people worry that smoking is affecting their health, marriages, relationships, and careers. We desperately want

to quit, but fear of withdrawals, boredom, lifestyle changes, and failure keep us from taking action. This book asks you to forget everything you've heard, everything you've read, and everything you've been told about how difficult it is to quit smoking pot. All your past failures, all your past attempts to stop smoking, put them aside; you only failed because you didn't have the right solution. This book gives you that solution. How To Quit Smoking is an innovative step-by-step process, backed by science, that allows you to stop smoking weed forever. Here's just some of what we will cover to take you step by step through the process of quitting smoking for good, without gaining weight, suffering insomnia, or without being riddled with cravings and anxiety. Awareness, Insight, Identify Your Triggers and Associations with Smoking, Commitment, Nutritional Supplements to Balance Your Brain Chemistry, Clean Up, Tools and Techniques, The Action Plan, What to Expect and Tips to Get You Through, Solutions to Common Issues After Quitting.

This revolutionary new anti-smoking program will show smokers how to conquer smoking addiction in a proven day-by-day technique that gets them through that critical period--the first three weeks.

The revolutionary international bestseller that will stop you smoking - for good. 'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading and most successful quit smoking expert, Allen was right to boast! Reading this book is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr has helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Accept no substitute. Five million people can't be wrong.

This book is meant to help all of you out there who are ready to burn out that addiction and the habits associated with it. Have you tried all sorts of 'stop smoking' methods, which led to disappointing results? So had i...but then i figured out a simple way to slowly eradicate the hold that smoking had on me. This book gives you step-by-step ways to do what i did. I hope it helps you like it helped me. In this book you'll learn:

- Why smoking is so hard to quit
- Why trying to quit smoking makes you vulnerable to weight gain
- If you can be hypnotized
- How to quit for good without gaining weight
- How to take back control over your health
- How to take back the time and money you've been wasting
- How quitting smoking can help you enjoy better personal relationships

Nicotine addiction is the fundamental reason that individuals persist in using tobacco products, and this persistent tobacco use contributes to many diseases. Cigarettes and other forms of tobacco are addicting. Nicotine is the drug in tobacco that causes addiction. The pharmacologic and behavioral processes that determine tobacco addiction are similar to those that determine addiction to drugs such as heroin and cocaine.

Cigarette smoking is the single greatest preventable cause of death, disease, and disability in the United States. It is the number one cancer killer of women, surpassing breast cancer. More than 70% of smokers have expressed a desire to quit, but are unable to do so alone. Independent cessation is extremely difficult, with a long-term success rate of 3-9%. Couple this difficulty with the fact that many female (and some male) smokers do not even try to quit because they are afraid of the resulting weight gain, and it seems a near impossibility for smokers to quit alone. Any amount of counseling, from even one ten-minute session, drastically improves a person's chances for cessation success. Many therapists have clients who smoke, yet they do not encourage them to quit because they feel under-equipped to help them. There are

very few books for mental health workers that teach smoking cessation techniques; almost all of the books on the market are self-help based. Of those that are for the clinician, most are not user-friendly at all, and none discuss the secondary concerns of weight gain. This guide teaches therapists, in easy to follow session modules, proven methods for their clients to stop smoking, and to avoid the resulting weight gain. Structured as a 16-week group program, this treatment teaches clients to break their smoking habit first, then to avoid replacing that habit with unhealthy eating. Using cognitive-behavioral therapy (CBT), this treatment emphasizes skill-building and the use of self-monitoring forms (found in the accompanying workbook) to help clients take control of their health. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

The Easyway method is as successful for women as it is for men, but many of the issues are perceived differently by women - as their questions in Easyway sessions reveal - and particular difficulties face women who want to quit the habit. Drawing on years of experience at Easyway clinics, this classic work examines these difficulties - engagin...

Issued with access to a free downloadable audio session via a plastic card affixed to inside front cover, access information for which is also given on pages i and ii.

Short of time? Or have you stopped smoking and found it difficult or even impossible to stay stopped? If your answer to these questions is yes, then this is the book for you (even if you've tried and failed using Allen Carr's method in the past). Quit Smoking Boot Camp is a revolutionary and concise version of the world-famous Easyway method, delivered in short, punchy segments to help you quit with the minimum of fuss, with minimal effort, in a reassuringly regimented and speedy way. Four days is all it takes to transform your life. We recommend that you read this book over just four days (though you might choose to do it in less or even to take a little longer). Choose your start date and four days later you can be free. It's as simple as that. The Easyway Boot Camp will help you change your mindset and quit smoking, vaping, or using nicotine in any form easily and immediately. 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

Are you ready to quit smoking? Don't know how to deal with the cravings? You don't want to spend a lot of money trying. Have you wanted to quit smoking but were afraid of gaining weight? Are you ready to quit without using drugs or e-cigarettes? Kathy Lindert's book will show you how to change your thoughts and your behaviors to quit smoking for life and not use food as a substitute. Kathy teaches you great tips and techniques so you can visualize, hypnotize and Quit Smoking at your own pace. You will learn to take control of the old habits and not allow the cigarette companies to own you. The best part is, this book costs less than a pack of cigarettes and can help you save your life. Kathy Lindert has helped thousands of people stop smoking and now has put it in a book to help you to stop smoking as well. Quitting is not hard, it's your habits and thoughts that need to change. This book will show you new ways to handle everyday life without a cigarette. Stop giving

your money to the big corporations that make cigarettes and save your life and your money too. Kathy Lindert quit smoking in 1987 and never went back using many of these techniques. If she can quit, you can too!

IMPORTANT: IF YOUR DEVICE SUPPORTS IT, YOU WILL FIND AUDIO AND/OR VIDEO IN THIS EBOOK. IF YOUR DEVICE DOES NOT, FOLLOW INSTRUCTIONS TO SAVE THE MATERIALS DIRECTLY TO YOUR COMPUTER, OR TO STREAM VIA YOUR SMARTPHONE OR TABLET. _____ ARE YOU READY TO QUIT SMOKING ONCE AND FOR ALL? * Do you want to quit

smoking, but worry that you'll gain weight? * Would you like to stop any cravings in a matter of moments? * Are you tired of people telling you to quit smoking? * Are you worried about how smoking is damaging your health? * Have you tried to quit before and failed? * If quitting was easy, would you do it today? Paul McKenna's amazing weight-loss system has helped over a million people all over the world to lose weight and keep it off for life. Now he wants to help you quit smoking for ever! Over the past fifteen years, Paul McKenna PhD has developed a unique approach that makes quitting smoking surprisingly easy. Through the simple conditioning system revealed in this book and on the audio download, you will retrain your mind and body so that you no longer need cigarettes and actually feel better without them. Better still, you will not gain any weight in the process! THIS BOOK CONTAINS A CODE TO DOWNLOAD THE MIND-PROGRAMMING AUDIO.

Do you rely on smoking to keep your weight in check? Are you afraid to quit smoking because you're worried about gaining weight? Have you gained weight after quitting smoking...and gone back to smoking with hopes of losing the weight? If you answered YES to any of these questions, it's time to learn HOW TO QUIT SMOKING WITHOUT GAINING WEIGHT Based on the American Lung Association's smoking cessation program, here is expert advice on how to quit smoking in a healthy way that allows you to kick the habit without ruining your waistline. This groundbreaking book will show you: How quitting smoking can add years to your life Why vegetables and fruits are the most important foods to eat while you're quitting How to add more physical activity to your day Which foods to turn to during a nicotine craving How to stay motivated, even during tough times ...and dozens of other strategies that can help you to work with your cravings -- instead of against them -- to attain a healthy and fit smoke-free life. Includes meal plan suggestions, recipes, and snack ideas!

Do you want to quit smoking forever in an easy way? Are you tired of trying to quit smoking and failing every time? If yes, then keep reading! We all know how frustrating it can be to try to quit smoking, and fail, how stressful it is to do it for days or even months, and then fall back into temptations caused by stress or other factors. Even more frightening is the fear of gaining weight once you do it. Over 1 billion people in the world smoke (roughly 20% of the world's population) and a study says that over 65% have tried to quit in recent years without success.

Fortunately, Dr Sebi has found a revolutionary way to quit smoking, detoxify the body, and eliminate the hunger that leads to weight gain. In his decades of healing practice, he has managed to harness the power of some miraculous herbs. This eventually allowed many of his followers to quit smoking without relapse, and undesired weight gain. Here's a quick peek of what you will find inside this book: The step-by-step Doctor Sebi's Plan to stop smoking The best foods to eat during the diet 7 Tips and tricks on how to relieve withdrawal symptoms How much you can save weekly 8 Secrets on How to Quit smoking without gaining weight Extra Bonus for free 21 mouth-watering detox recipes And much more! Tobacco smoking is one of the most severe public health problems globally and is responsible for the deaths of 6 million people each year. But you have absolutely nothing to worry about! With this Simple Guide, you will learn everything you need to know to quit smoking naturally without stress and relapses. Ready to get started? Click BUY NOW to get started!

Includes guided hypnosis CD.

COMPLETELY SUPPRESS YOUR SMOKING CRAVINGS WITHOUT EFFORT OF WILLPOWER WITHIN 4 DAYS MAXIMUM - OR THE

TRIAL IS FREE! WHAT DO DOCTORS DO WHEN THEY WANT TO QUIT SMOKING? "I'm a doctor and I've been a chain smoker for 12 years. Then, on March 2, 1991, I discovered Allen Carr's method. I lost my craving to smoke the same day and I've never touched a cigarette since! As a throat surgeon, I can testify to the serious damage that smoking causes. Allen Carr's method is the only one I've been recommending for 28 years to my patients. I strongly believe that any smoker who wants to quit smoking should at least try it, especially now, as it's available in a new updated Pareto version." Dr R. Oliver MANY DOCTORS, WHO WERE ONCE HEAVY SMOKERS, STOPPED SMOKING THANKS TO ALLEN CARR. SO, IT'S NO SURPRISE WHY THEY RECOMMEND HIS METHOD TO THEIR PATIENTS: "MY DOCTOR RECOMMENDED IT TO ME as I broke down in tears in his office. I felt I just could not stop smoking. Today, I'm smoke-free and SO HAPPY!" Bernadette C., NY "MY DOCTOR RECOMMENDED IT, AS SHE WAS UNABLE TO QUIT WITH ANY OTHER METHOD EXCEPT THIS ONE. She didn't believe it would work, but it did." Michelle S., USA AFRAID OF WITHDRAWAL SYMPTOMS? OR GAINING WEIGHT? READ WHAT DR CARMEN G. ROMANIA HAS TO SAY: "I used to smoke. In my previous attempts, I did put on some pounds - and I started smoking again. But not with this method: YOU WILL NOT GAIN WEIGHT, NOT BE NERVOUS, NOT FEEL DEPRIVED, NOT ENVY SMOKERS. You will be free and happy." BEEN SMOKING FOR 10 YEARS OR MORE? A PACK OR MORE PER DAY? READ THIS: "After being a pack a day smoker for 20 years. SINCE I STOPPED SMOKING, I HAVE LOST 20 LBS AND FOUND THE WOMAN OF MY DREAMS." D. C., NYC, NY "AFTER BEING A SMOKER FOR 20 YEARS, IT'S BEEN OVER 11 YEARS SINCE I BECAME A NON-SMOKER and I don't miss it at all. I RUN ULTRA-MARATHONS NOW!" Marina D., USA "I QUIT A 3 PACK A DAY ADDICTION. IT'S NOW BEEN OVER 10 YEARS SINCE I'VE HAD A CIGARETTE. I'VE BECOME A HAPPY, HEALTHY FATHER, AND TAKEN UP 100+ MILE CYCLING RIDES. This system is amazingly simple and, best of all, it works." Mr. K. K., USA LIKE SMOKING TOO MUCH TO QUIT? READ THIS: "This is amazing to me, as I REALLY DIDN'T WANT TO QUIT SMOKING BECAUSE I LOVED IT SO MUCH. Still, I decided to give it a shot. 10 YEARS LATER, I'M STILL SMOKE FREE!! It was way easier than I ever dreamed it could be. I never used any drugs or other smoking aids." Kris J., WI "National 12-month Clinical Trial finds Allen Carr's Easyway almost TWICE AS EFFECTIVE AS OTHER SMOKING CESSATION METHODS AVAILABLE on Health Service." The British Medical Journal DID ALLEN CARR DISCOVER THE BEST METHOD TO QUIT SMOKING EVER DEVELOPED? Could so many doctors & 30 million happy ex-smokers be wrong? And, could the latest digest version of his method give even better results than the original versions? Read on... TRY THIS METHOD - RISK-FREE: Try the latest digest version of Allen Carr's easy way to stop smoking. Invest ONLY ONE HOUR to read it. If, by the end of the day (4 days max.), your craving to smoke has not completely disappeared without effort of willpower and without gaining weight. Or, if for any other reason, you are not 100% satisfied, then let us know and you will be completely refunded. Take advantage of our special offer "I quit in JAN2020" and get it for half price: only \$5,99 - instead of \$11,99 (ends January 31). Make one of the most important decisions - risk-free! Here's to a much happier, tobacco-free life! STILL SKEPTICAL? If you've already tried various ways to stop smoking without success it may sound strange that you can stop smoking just by reading a short book. But, what do you have to lose? And what do you have to gain? Now, the choice is yours.

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