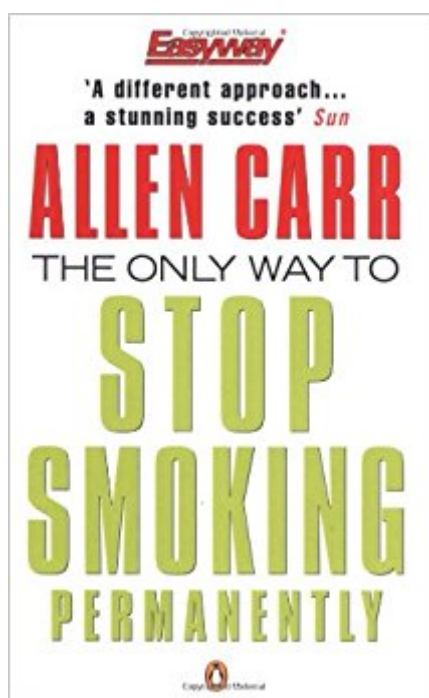


The book was found

Only Way To Stop Smoking Permanently (Penguin Health Care & Fitness)



Synopsis

This is a companion volume to "Allen Carr's Easy Way to Stop Smoking".

Book Information

Series: Penguin Health Care & Fitness

Paperback: 480 pages

Publisher: Penguin UK (February 8, 2000)

Language: English

ISBN-10: 0140244751

ISBN-13: 978-0140244755

Product Dimensions: 5.1 x 1.1 x 7.8 inches

Shipping Weight: 11.4 ounces

Average Customer Review: 4.5 out of 5 stars 81 customer reviews

Best Sellers Rank: #806,468 in Books (See Top 100 in Books) #108 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking](#) #58648 in [Books > Self-Help](#)

Customer Reviews

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.

If you are thinking about quitting, I highly recommend this book. It will change the way you think about smoking. I truly believe this, the patch, and an online support group is what made this last quit attempt final. I am writing this review over a year later and still smoke free. I feel great!

Best way to quit smoking hands down. It's been so long I can't remember being a smoker.

I read Easyway first, and it didn't do much for me. So I thought I would try Onlyway. YES YES YES!!! I am now a happy non smoker, I don't miss it, I don't crave it., it is wonderful. Allen Carr gets you to realize that you are not giving anything up. I was ready to have the final cigarette in the middle of the book. I can not thank Allen Carr enough for writing this book. I still can't believe how easy this book made it. NO weight gain, no irritability, no cravings, just Freedom!!! This book will save you. What have you got to lose by trying this method? Nothing to lose, everything to gain. The willpower method is a horrible way to quit, bravo if it worked for you. This way is much much easier . Thank you Thank you thank you for this book!!! It saved my life and I am much happier.

I started to read Allen Carr's book, because I knew he wrote the Easy way to stop smoking, but I wanted to have a more detailed view of the method.EASYWAY didn't work for me, but "Onlyway" did, definitely. Although it's a bit longer, the method is quite the same, but with more detailed explanation, with more examples for me it was easier to get "the right frame of mind"

A miracle book. My 50 years shackled to smoking is gone. I'm now free and feel great. Hard to believe it but it really is EASY. Read with an open mind and see what happens. No scare tactics. It's a very safe book to read and is entertaining. It kept my attention with no drudgery. Again this sounds over the top but i couldn't put it down.

After smoking for 20 years, I thought I would die a smoker. This book completely changed the way I felt about smoking. It really was easy to quit!

The only way I have been able to stop smoking. And it is so easy to do! If you smoke or use tobacco in any form (including the vaps and gums) READ THIS BOOK

I stopped over 12 years ago. When I got to the last page I was a non-smoker. It will work for you too. It also frees the poor slaves to alcohol and drugs IF THEY HAVE NEVER ATTENDED AA OÃfâ Ĳ Ëœ NA MEETINGS. Those who have attended cannot get free using Carrs brilliant method

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cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) What's Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life Only Way To Stop Smoking Permanently (Penguin Health Care & Fitness) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Allen Carr's The Only Way to Stop Smoking Permanently Smoking Food at Home with Smoky Jo: Hot Smoking and Cold Smoking; Different Types of Smokers; Smoking Using a Wok, Filing Cabinet, Wardrobe or Shed; ... Herbs and Spices; Wood Varieties; Food Safety Smoking Meat: Fish Edition. : Delicious Smoking Fish Recipes for Everyone (Book 2, Smoked Fish Recipes Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Quit Smoking: (Free Gift eBook Inside!) The #1 Guide on How to Quit Smoking Naturally, Break the Chain and Keep Moving Forward (Stop Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting) The Smokefree Way: READ YOUR WAY TO STOP SMOKING. THE MOST INNOVATIVE, UP-TO-DATE AND INTELLIGENT QUIT SMOKING METHOD CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) Smoking Meat: The Best 55 Recipes of Smoked Meat, Unique Recipes for Unique BBQ: Bundle: Smoking Fish vs Meat:The Best Recipes Of Smoked Food Book1/Smoking Meat: The Best Recipes Of Smoked Meat Book2 Smoking Meat: Fish Edition: Top 25 Amazing Smoked Fish Recipes (Smoked Fish Recipes, Smoked Fish Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System KISS SMOKING GOODBYE: Stop Smoking Using The K.I.S.S. METHOD: Combining Hypnotherapy, Psychology, Physiology, Neurology and Addiction Medicine

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