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### **KEY=CARRS - JAX ALENA**

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### **NO MORE DEBT**

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### **THE REVOLUTIONARY ALLEN CARR'S EASYWAY METHOD IN POCKET FORM**

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Arcturus Publishing This book applies the world-famous Allen Carr's Easyway method to the problems of over-spending and debt. It removes the desire to over-spend, so that you are able to live within your means without feeling deprived. It also sets out a simple, easy-to-follow guide on how to clear out the debts you have accumulated. This book can enable anyone to escape the misery of debt and rediscover the joy of being in control of your life again.

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### **ALLEN CARR'S EASY WAY TO DEBT-FREE LIVING**

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### **TAKE BACK CONTROL OF YOUR LIFE**

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Arcturus Publishing "Get Out of Debt Now applies the world-famous Allen Carr's Easyway method to the problems of over-spending and debt. It removes the desire to over-spend, so that you are able to live within your means without feeling deprived. It then sets out a simple, easy-to-follow guide on how to clear the debts you have accumulated"--Back cover.

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### **ALLEN CARR'S EASY WAY TO BETTER SLEEP**

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### **HOW TO FREE YOURSELF FROM SLEEPLESS NIGHTS**

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Arcturus Publishing **READ THIS BOOK AND SLEEP WELL THE EASY WAY.** Do you find it hard to switch off at night? Do you feel tired all day but when your head hits the pillow it's impossible to sleep? Whether it's worrying about work, 'doomscrolling' on your phone or overcaffeinating yourself to get through the day, modern lifestyle choices are robbing us from the sleep we deserve. But how can we break free from the vicious cycle of fatigue and insomnia? Allen Carr's Easyway method offers a unique solution. This world-renowned, clinically-proven method has helped an estimated 50 million people with their behavioral issues and addictions, including smoking, alcohol, weight control and digital addiction. In this book, this tried-and-tested method is applied to sleeping difficulties. The beauty of this method is that it **DOES NOT RELY ON WILLPOWER.** It will not ban your phone from your bedside or take away your morning coffee but instead unravel the cognitive brainwashing that has led you to desire the very behaviors that are harming you. In this way, you will be released from them without feelings of sacrifice or deprivation. With clear, step-by-step advice, this book will help you form healthy habits and live in tune with your natural sleep cycle so you can get back to that blissful promise of a good night's sleep. Do you find that difficult to believe? Read this book. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "The Allen Carr method is totally unique." GQ "This method is as foolproof as it gets." Time Out

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### **NO MORE FEAR OF FLYING**

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### **THE REVOLUTIONARY ALLEN CARR'S EASYWAY METHOD IN POCKET FORM**

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Arcturus Publishing Fear of flying is a distressing condition that can have a devastating effect on your life. FOFs - people with fear of flying - either put themselves through hell

every time they take a flight, or else they avoid flying altogether. Luckily, help is at hand. The Allen Carr Easyway method has helped millions of people to quit smoking, alcohol and other drugs as well as to stop gambling, overeating and going into debt. This book unravels the misconceptions that make you believe flying is dangerous. All you need to do is follow all the instructions and you cannot fail to cure your fear of flying. \* No scare tactics \* No willpower required \* Changes the way you think about flying 'Allow Allen Carr to help you escape today.' The Observer 'A different approach. A stunning success.' The Sun

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### العلاقات بين جمهورية مالي - والجمهورية العربية المتحدة

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Arcturus Publishing 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.

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### GOOD SUGAR BAD SUGAR

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### EAT YOURSELF FREE FROM SUGAR AND CARB ADDICTION

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Arcturus Publishing READ GOOD SUGAR BAD SUGAR AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE. Good Sugar Bad Sugar tackles the biggest dietary threat to the modern world: The addiction to refined sugar and processed carbohydrates, which is causing epidemics in obesity and Type 2 diabetes on a global scale. Sugar and carb consumption is an addiction that begins at birth, but once you free yourself with Easyway, you'll enjoy better health, higher levels of energy, dramatically improved body shape, and a happier, healthier lifestyle. Allen Carr has helped millions worldwide and he can do the same for you. His books have sold over 15 million copies worldwide, and read by an estimated 40 million people, while countless more have been helped through his network of clinics. Allen Carr's Easyway 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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### ALLEN CARR'S EASY WAY TO QUIT VAPING

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### GET FREE FROM JUUL, IQOS, DISPOSABLES, TANKS OR ANY OTHER NICOTINE PRODUCT

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Arcturus Publishing Allen Carr's Easyway method 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 behaviour. 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 the UK Health Service's Gold Standard Stop Smoking Service. What people say about Allen Carr's Easyway method: "His skill is in removing the psychological dependence." The Sunday Times "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "Allen Carr achieved what I never thought was possible - to give up a thirty year habit literally overnight" Anjelica Huston

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### ALLEN CARR: THE EASY WAY TO QUIT COCAINE

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### REDISCOVER YOUR TRUE SELF AND ENJOY FREEDOM, HEALTH, AND HAPPINESS

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Arcturus Publishing THE BEST-SELLING EASYWAY METHOD APPLIED TO COCAINE ADDICTION Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. This book applies that incredible method to the problem of cocaine addiction. It will give you advice about habitual triggers and how to

understand that cocaine has no benefits for you - not even that of feeling good. Through following this method, you will not only be set free from your cocaine addiction but you will also find it easy and even enjoyable to quit. • Without using willpower, aids, substitutes, or gimmicks • Without gaining weight • Without suffering anxiety, depression, or unpleasant withdrawal symptoms This book is designed to help busy people, who appreciate clear no-nonsense guidance. It gives you a structured, easy-to-follow method for getting free from cocaine painlessly and immediately. What people say about Allen Carr's Easyway method: "Allen Carr's international bestseller...has helped countless people quit." Time Out New York "If you want to quit ... its called the Easyway ... I'm so glad I quit." Ellen DeGeneres "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 EASY WAY TO MINDFULNESS**

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### **FREE YOUR MIND FROM WORRY AND ANXIETY**

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Arcturus Publishing Do you want to free yourself from worry and anxiety? Allen Carr's Easyway method has brilliantly transformed lives all over the world, setting out a wonderful practical pathway to help free millions from a whole variety of addictions. It strips away the illusions that leave us prey to negative thoughts and behaviours, showing us how to gain clarity and control if we focus on who we truly are rather than being distracted by those things that harm and trouble us. The key to peace of mind lies within. Mindfulness lies at the heart of Allen Carr's philosophy and this book shares the proven principles of mindfulness with a wider audience in simple accessible terms that apply to real life and provide a tangible, practical outcome: YOUR HAPPINESS.

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## **ALLEN CARR: THE EASY WAY TO QUIT CANNABIS**

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### **REGAIN YOUR DRIVE, HEALTH AND HAPPINESS**

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Arcturus Publishing Do you feel trapped by your addiction to cannabis? Is your motivation and lust for life being sapped by an obsession with your next joint? If so, then this book is for you. Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. This book applies that tried-and-tested method to the problem of marijuana addiction. Whether you consider yourself an addict, or just someone who has a little too much, a little too often, the fact is you're looking for a route out and this method will show you the way. The ingenious thing about the Easyway method is that it doesn't rely on willpower. Instead it works by unravelling the cognitive brainwashing behind your addiction. This means that you will not only be set free from your cannabis addiction but you will also find it easy and even enjoyable to quit: • Without using willpower, aids, substitutes, or gimmicks • Without envying partners, friends or colleagues who use cannabis • Without suffering anxiety, depression, or unpleasant withdrawal symptoms With clear no-nonsense guidance, this book gives you a structured, easy-to-follow method for getting free from cannabis painlessly and immediately. It is effective for anyone who consumes cannabis in any form, including joints, bong, edibles, capsules, vape or other methods. Simply read this book and become a happy, cannabis-free person for the rest of your life. What people say about Allen Carr's Easyway method: "If you want to ditch the demon weed, this is for you." OK! Magazine "His skill is in removing the psychological dependence." The Sunday Times

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## **STOP SMOING NOW**

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Allen Carr's Easyway 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.

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## **SMART PHONE DUMB PHONE**

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### **FREE YOURSELF FROM DIGITAL ADDICTION**

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Arcturus Publishing Do you pull out your phone at every idle moment? Do hours slip away as you mindlessly scroll? Has your smartphone added a level of detachment between you and the outside world? Sadly technology which should be a wonderful boon to us has started to blight our lives. The average adult spends 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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### **ALLEN CARR'S EASY WAY TO QUIT EMOTIONAL EATING**

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#### **SET YOURSELF FREE FROM BINGE-EATING AND COMFORT-EATING**

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Arcturus Publishing Do you eat when you're not hungry? Or when you're angry and upset? Do you eat to control your feelings? Allen Carr's Easyway is the most successful self-help stop-smoking method of all time. It has helped millions of smokers all over the world to quit, and has since been used to treat other addictions such as drinking and gambling. Allen Carr's Easyway method works by unravelling the brainwashing that leads us to desire the very thing that is harming us, meaning that we are freed from the addiction rather than merely restricting our behaviour. The Easyway method has now been applied to the problem of emotional eating. With Allen Carr's Easyway method, you can eat as much of your favourite foods as you want, whenever you want, as often as you want, and be the exact weight you want to be, without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe? Read this book. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "His skill is in removing the psychological dependence." The Sunday Times "I know so many people who turned their lives around after reading Allen Carr's books." Sir Richard Branson

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### **THE ILLUSTRATED EASY WAY TO STOP DRINKING**

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#### **FREE AT LAST!**

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Arcturus Publishing READ THIS BOOK, FOLLOW THE INSTRUCTIONS AND STOP DRINKING NOW. Allen Carr's Easyway method has helped millions of people to quit smoking, alcohol and other drugs, as well as to stop gambling, over-eating and getting into debt. It will show you the way to escape from the alcohol trap. With the brilliant illustrations of Bev Aisbett, this handy pocket book presented in a truly refreshing, accessible, dynamic, funny and enjoyable way. 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'S EASY WAY TO QUIT EMOTIONAL EATING**

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Allen Carr's Easyway Do you eat when you're not hungry? Or when you're angry and upset? Do you eat to control your feelings? Allen Carr's Easyway is the most successful self-help stop-smoking method of all time. It has helped millions of smokers all over the world to quit, and has since been used to treat other addictions such as drinking and gambling. Allen Carr's Easyway method works by unravelling the brainwashing that leads us to desire the very thing that is harming us, meaning that we are freed from the addiction rather than merely restricting our behavior. The Easyway method has now been applied to the problem of emotional eating. With Allen Carr's Easyway method, you can eat as much of your favorite foods as you want, whenever you want, as often as you want, and be the exact weight you want to be, without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe? Read this book. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston

"His skill is in removing the psychological dependence." The Sunday Times "I know so many people who turned their lives around after reading Allen Carr's books." Sir Richard Branson

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## **THE EASY WAY TO QUIT SUGAR**

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### **THE ILLUSTRATED GUIDE**

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Arcturus Publishing "I know so many people who have turned their lives around after reading Allen Carr's books." -Sir Richard Branson People are now so hooked on sugar that it's become the number one threat to health in the modern world. This book helps explain the truth about bad sugar and introduces a proven method to cut it out of your diet entirely. Once you free yourself from addiction, you'll feel happier and healthier, and you'll be able to choose the weight you want to be for the rest of your life. Allen Carr's Easyway is the most successful stop smoking method of all time. It works by unravelling the brainwashing that leads us to desire the very thing that is harming us, and it has now been applied to other areas. The Easy Way to Quit Sugar tackles the biggest dietary threat to the modern world: addiction to refined sugar and processed carbohydrates. With the brilliant additional writing skills and illustrations of Bev Aisbett, you'll free yourself of addiction and enjoy better health, higher levels of energy, dramatically improved body shape and a happier, healthier lifestyle.

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## **THE EASY WAY TO STOP SMOKING**

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Barnes & Noble Publishing 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.

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## **ALLEN CARR'S EASYWEIGH TO LOSE WEIGHT**

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Penguin UK Allen Carr, international bestselling author of The Easy Way to Stop Smoking, helps you to take off 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 • 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!' Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY. Having cured his own addiction he went on to write a series of bestselling books, most famously The Easy Way to Stop Smoking. His books have sold more than 13 million copies worldwide. Allen's lasting legacy is a dynamic, ongoing, global publishing programme and an ever-expanding worldwide network of clinics which help treat a range of issues including smoking, weight, alcohol and "other" drug addiction.

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## **ALLEN CARR'S EASY WAY TO QUIT SMOKING WITHOUT WILLPOWER - INCLUDES QUIT VAPING**

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### **THE BEST-SELLING QUIT SMOKING METHOD UPDATED FOR THE 2020S**

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Arcturus Publishing THE BRAND-NEW UPGRADE OF THE WORLD'S BEST-SELLING STOP SMOKING BOOK OF ALL TIME. Allen Carr's Easyway method is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. This book is the most up-to-date, cutting-edge, best-practice version of this method. It now includes advice on important contemporary issues such as vaping, cannabis, JUUL, the association between smoking and self-harm & anxiety, the dopamine issue, and more advice about habitual triggers. Through following this method, you will not only be set free from your smoking or vaping addiction but you will also find it easy and even enjoyable to quit. • Without using willpower, aids, substitutes, or gimmicks • Without gaining weight • Without suffering anxiety, depression, or unpleasant withdrawal symptoms • Without envying partners, friends or colleagues who smoke/vape This book is designed to help busy people, who appreciate clear no-nonsense guidance. It gives you a structured, easy-to-follow method for getting free from nicotine painlessly and immediately. What people say about Allen Carr's Easyway method: "Allen Carr's international bestseller...has helped countless people quit." Time Out New York "If you want to quit ... its called the Easyway ... I'm so glad I quit." Ellen DeGeneres "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 ILLUSTRATED EASY WAY TO STOP DRINKING**

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Easyway is the most successful stop-smoking method of all time. It has helped smokers from all over the world to quit. Now it has been applied to problem drinking. After explaining why you feel the need to drink, he shows you how to escape from the alcohol trap. With the brilliant illustrations of Bev Asibett, Allen Carr's globally best-selling method is presented here in a truly refreshing, accessible, dynamic, funny and enjoyable way.

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### **BAD JUDGMENT**

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Dorrance Publishing

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### **ALLEN CARR'S EASY WAY TO CONTROL ALCOHOL**

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Arcturus Publishing **READ ALLEN CARR'S EASY WAY TO CONTROL ALCOHOL AND BECOME A HAPPY NON-DRINKER FOR THE REST OF YOUR LIFE.** Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally best-selling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies. In this classic guide, Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple, step-by-step instructions, he 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 WILLPOWER • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REMOVES THE PSYCHOLOGICAL NEED TO DRINK • 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 addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

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### **ALLEN CARR'S EASY WAY TO STOP SMOKING**

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Penguin AudioBooks Allen Carr's 100 cigarettes-a-day addiction drove him to despair, but, after countless attempts to quit, he eventually kicked the habit. This is an updated edition of his bestselling guide to giving up smoking.

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### **THE EASY WAY TO STOP GAMBLING**

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### **TAKE CONTROL OF YOUR LIFE**

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Arcturus Publishing **READ THIS BOOK AND BECOME A HAPPY NONGAMBLER 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, and has also been successfully applied to a wide range of other issues, including drinking, overeating, and overspending. Here the method addresses the fastest growing social problem of modern times: gambling. Allen Carr explains how gamblers fall into the trap and why they keep gambling despite knowing that it's ruining their lives. By explaining the nature of the trap, he removes the desire to gamble and the fears that keep you hooked. Most important of all, you will not feel that you've made a sacrifice, you will not miss gambling, and you will enjoy life to the full without feeling in any way deprived. 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'S EASY WAY TO QUIT SMOKING**

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### **THE BESTSELLING QUIT SMOKING METHOD UPDATED FOR THE 21ST CENTURY**

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Arcturus Publishing **READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE.** This book is the most up-to-date, cutting-edge, best-practice version of Allen Carr's Easyway to Stop Smoking method that will not only set you free from smoking, but will also insure that you find it easy and even enjoyable to quit. • **Without using willpower, aids, substitutes, or gimmicks • Without gaining weight • Without suffering anxiety, depression, or unpleasant withdrawal symptoms** This book is designed to help busy

smokers, who appreciate clear no-nonsense guidance. Allen Carr's Easy Way to Quit Smoking gives you a structured, easy-to-follow method for quitting quickly, painlessly, and immediately. If you're someone who uses any nicotine product other than cigarettes, this book will also work perfectly for you. 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

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### **STOP DRINKING NOW**

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Allen Carr's Easyway A fresh take on the Allen Carr method with all-new text. Includes free hypnotherapy CD. Most drinkers are convinced that it's almost impossible to stop drinking and to free themselves from addiction; they also feel unable to solve any of the widespread problems drinking causes. The wonderful news is that this book shows you how to stop immediately, painlessly and permanently. This book understands drinkers and how they think and, without being judgemental or patronising, takes them through the process of how to get alcohol out of their lives. Demonstrates how drinkers fall into the trap of drinking, the psychology behind being addicted and how to quit this mug's game once and for all. This book has more compelling evidence than ever before that your addiction to alcohol is much less physical than it is mental. Alcohol is not something your body needs, but something your mind thinks it needs. Stop Drinking Now explains the mental process of addiction and how to reverse that process easily, painlessly and permanently.

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### **THE ONLY WAY TO STOP SMOKING PERMANENTLY**

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Penguin UK Following the enormous success of his bestselling Easy Way to Stop Smoking, Allen Carr provides smokers with the motivation to break free from addiction for ever. This book 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 It's time to begin your new life as a non-smoker with Allen Carr's The Only Way to Stop Smoking Permanently. A different approach... a stunning success, Sun I was exhilarated by a new sense of freedom, Independent His skill is in removing psychological dependence, Sunday Times Allow Allen Carr to help you escape painlessly today, Obvserver 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. His other books include Allen Carr's Easy Way to Stop Smoking, Allen Carr's Easyweigh to Lose Weight and The Easy Way to Enjoy Flying.

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### **30 DAYS TO SELL**

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CreateSpace Nominated for a Small Business Marketing Book award!. You have 30 days to convert a user to a paying customer starting NOW. The clock is ticking. What will you do? Collecting and analysing the messaging and strategies the leading e-commerce, software and service companies use as they convert trial users to customers in the most important 30 days after sign-up. Each companies strategy is broken down and presented in an easy to use and understand visual guide. 30 days to sell is a must buy if you are looking to automate and improve new customer conversion. This book covers: Activation campaigns from the worlds leading web companies. Easy reference guide - what message to send and when. Full page examples of each marketing message. Steal ideas from successful entrepreneurs, marketers and growth hackers. Two new bonus chapters showcasing more activation campaigns.

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### **THE ILLUSTRATED EASY WAY TO STOP SMOKING**

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In The Illustrated Easy Way to Stop Smoking, Allen Carr debunks the myths about smoking and shows you the way to beat your addiction. With the brilliant illustrations of Bev Aisbett, Carr's globally best-selling method is presented here in a truly refreshing, accessible, dynamic, funny and enjoyable way.

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### **ALLEN CARR'S EASY WAY TO STOP SMOKING**

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### **BE A HAPPY NON-SMOKER FOR THE REST OF YOUR LIFE**

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Penguin UK 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.

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### **ALLEN CARR'S EASY WAY TO STOP SMOKING**

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#### **THE GUIDE TO STOP FOR GOOD**

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Penguin UK Read this book and you'll never smoke another cigarette again. Allen Carr has discovered a method of quitting that will enable any smoker to stop, easily, immediately and permanently. As the world's bestselling book on how to stop smoking and with over nine million copies sold worldwide, Allen Carr's Easy Way to Stop Smoking is the one that really works. \_\_\_\_\_ 'It didn't take any willpower. I didn't miss it at all and I was free' Ruby Wax THE unique method: No scare tactics No weight-gain The psychological need to smoke disappears as you read Feel great to be a non-smoker Join the 25 million men and women that Allen Carr has helped stop smoking. \_\_\_\_\_ TESTIMONIALS . . . 'Giving up smoking was one of the biggest achievements of my life. I read Allen Carr's book and would recommend it to anybody trying to kick the habit' Michael McIntyre 'Achieved for me a thing that I thought was not possible - to give up a thirty-year smoking habit literally overnight. It was nothing short of a miracle' Anjelica Huston 'Instantly I was freed from my addiction. I found it not only easy but unbelievably enjoyable to stay stopped' Sir Anthony Hopkins

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#### **WHEN YOUR BODY TALKS, LISTEN!**

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CreateSpace How we become ill and the causes of illness are generally a mystery to most people. Researchers now tell us that 70% to 80% of all illnesses seen by medical doctors are either caused by or made worse by stress. The full story of those Stress-Related Disorders, illnesses produced by stress, are now examined and illuminated by Dr's Allen and Lisa Robyn Lawrence. You must read this book if you, or someone you know: Experience symptoms which you believe indicate that you are becoming ill and want to stop the illness process. Are already ill and are not getting the results you want from your doctor. Are well and want to either prevent becoming ill in the future or learn how you can prevent illness before it can set in. Are already ill and want to learn to work with your body's natural healing ability without expensive, painful or dangerous medical treatments. The Dr's Lawrence take you on step-by-step journey illustrating the role you mind, your body and your spirit play in creating and healing illness. When Your Body Talks, Listen! Will teach you how to protect yourself from Stress-Related Disorders, and the detrimental short and long-term effects from them.

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#### **THE ARKANSAS HISTORICAL QUARTERLY**

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"List of charter members," v. 1, p. 8.

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#### **HENRY IN A HURRY**

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Henry's rushed approach to life creates problems at every turn. Readers will enjoy following Henry through his day to see if he discovers the importance of doing things carefully.

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#### **RAILWAY LOCOMOTIVES AND CARS**

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#### **PROCRASTINATION**

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#### **OVERCOME THE BAD HABITS OF PROCRASTINATION AND LAZINESS AND BECOME MORE PRODUCTIVE**

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Are you very talented and creative but cannot find the willpower, drive and motivation to achieve your dreams? Procrastination is the problem. This book is your answer. There is nothing that depresses productivity and stunts personal development more than procrastination. Yet, procrastination creeps slowly and meekly into our lives through the very same shortcuts that we engaged to allow us comfort and convenience - bad habits. This book, "Procrastination: Overcome the bad habits of procrastination and laziness and become more productive" has been specifically written to enable you kick out procrastination, regain your productivity and achieve your full potential. The book starts by introducing you to what procrastination really is and provides you with telling signs of procrastination, some of them often hidden and uneasy to detect. It further cautions you on the pitfalls you are likely

to fall into should you not be careful and the negative effects of procrastination. Most people never realize that they are procrastinators. Never assume you are not one unless you prove it. A simple, yet powerful self-diagnosis procrastination test kit has been devised for you. Should you find yourself not a procrastinator, that would be great for you. However, it does not end there. You can use the same kit to help your family, friends and loved ones who could be suffering from procrastination without knowing it. Discovery is the best way to finding a lasting solution. The best way to confront a disease is to go beyond its symptoms and attack its root causes. Some of the root causes may be common to all procrastinators while others could be unique to each procrastinator. Nonetheless, this book provides all likely causes of procrastination so that you can review and evaluate your very own condition and determine the most likely causes of your procrastination. Once you determine the root causes of your procrastination, the next obvious step is to heal it. This book provides you with the most elaborate, powerful and effective ways to overcome procrastination. Procrastination is an aggregate collection of bad habits which results into you delaying your decision or action without prudence. Like all bad habits, the best way to overcome procrastination is to engender good daily habits that will help you to prevent, avoid or nullify bad habits. Powerful and effective daily habits have been prescribed, which, if you diligently employ, will permanently keep off procrastination from your life. Lastly, but not least, every endeavor has a reward. The rewards of overcoming procrastination are immense and unlimited. Yet, this book provides you with the most obvious rewards that you will gain in the most prominent facets of your life - health, relationships and money. Enjoy reading.

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### **FIX IT NOW**

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### **REDISCOVER THE CONSTITUTION AND GET AMERICA OUT OF ITS FISCAL DEATH SPIRAL**

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Createspace Independent Pub A reader-friendly explanation of the need to restore limited government and other American founding values.

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### **STRUGGLE FREE POETRY**

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Createspace Independent Publishing Platform Struggle Free means to me as trying to make it, Maby even try to be happy if you can. I never paid attention to learning the lessons I should. Insanity doing the same thing over and over and excepting a different result. It ain't that were dum just that we have to struggle to make it in the eyes ,ears and dollar bills witch we fall under. And if my pain can heal the next to be happy... Then indeed we can Struggle Free....

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### **SPACE MAFIA**

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### **THE EPSILON ERIDANI INCIDENT**

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Createspace Independent Publishing Platform In the 28th century, a philanthropic entrepreneur owns a group of trade outposts on the edge of the Terran Alliance territory. Traders, travellers and wanderers pass through, spending vast amounts of money. The galaxy's foremost alliance of criminals covets the profit-making capacity of the company, so they have sent agents to the station where the company owner lives, intent on taking control one way or another. But a never-before-seen stellar phenomenon isolates the station, leaving the station's crew, the innocent travellers and the handful of agents stuck together in a crucible of attack and counter-attack - while a mischievous entity takes control of people indiscriminately, intent on wreaking further havoc.

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### **THE BEARDUDE STORY**

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### **SECOND EDITION**

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It's been called one of B.C.'s most bizarre drug cases in recent memory. A story with a cast of characters including an oddball hippy, a pot-bellied pig, an overly friendly raccoon and twenty-four black bears. Oh, and a thousand pot plants, apparently guarded by the bears. The bust took place in August of 2010 near the Village of Christina Lake, British Columbia and the story travelled to all parts of the world, including the United States, Denmark, England, India and Russia, where a news anchor lady could not stop laughing as she read the story. The New York Post declared, "Don't Smokey near this bear." Today, Allen Piche, aka 'The Beardude', announced the release of his book, The Beardude Story, which chronicles his side of this strange tale.