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Allen Carr's Easy Way to Stop Smoking *Allen Carr's Easy Way to Control Alcohol* **Allen Carr's Easyweigh to Lose Weight** **Allen Carr's Easy Way to Stop Smoking** *The Easy Way to Mindfulness* **The Easy Way for Women to Lose Weight** **The Easy Way to Stop Smoking** **The Easy Way to Stop Gambling** **Allen Carr's Easy Way to Quit Vaping** The Easy Way to Enjoy Flying **Allen Carr's Easy Way to Quit Emotional Eating** Allen Carr's Easy Way to Quit Emotional Eating *Allen Carr's Easy Way to be Successful* The Easy Way to Quit Sugar The Easy Way for Women to Stop Drinking **The Illustrated Easy Way to Stop Smoking** Stop Drinking Now *Allen Carr's Easy Way to Quit Smoking Without Willpower - Includes Quit Vaping* **The Easy Way to Quit Caffeine** *Allen Carr's Easy Way for Women to Quit Drinking No More Hangovers* *Allen Carr: The Easy Way to Quit Cocaine* **Smart Phone Dumb Phone Summary: the Easy Way to Stop Smoking by Allen Carr** *Good Sugar Bad Sugar* *Llewellyn's Complete Book of Astrology* *Biochemistry 101 - The Easy Way* **Quit Smoking Boot Camp** Easy Way Out Stop Smoking Now Without Gaining Weight **Watercolor the Easy Way** Atomic Habits *Allen Carr's Illustrated Easy Way for Women to Stop Smoking* *Cardiology Explained* *Revelation Damn Delicious* *Llewellyn's Complete Book of Predictive Astrology* **No Easy Way Out** **Allen Carr's How to Stop Your Child Smoking** **The Gradual Countdown: Quit Smoking the Easy Way!**

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The Gradual Countdown is a highly structured, methodical, easy approach to quitting (baby steps), reducing the number and portions, and how you smoke. The Gradual Countdown: Quit Smoking the Easy Way! is a roadmap to quitting smoking that Eric used himself to successfully (and easily) quit smoking, after 13 years as a smoker. He had previously tried many other popular methods, but always lacked the willpower to succeed. Fortunately, The Gradual Countdown does not require willpower--yes, you read that right! The day Eric quit, he did not struggle with that huge decision, "Should today be the day?" On the contrary, Eric literally forgot to have a cigarette! You too can get to that lowest of levels in your addiction, with just a few very simple principles outlined in these pages. So read this short book, my friends, and change your life. The author, Eric C. Sayre, PhD, is a statistician and researcher currently living in Vancouver, BC. Besides being an author of multiple books, he is a well-published scientist, with over 250 publications between 1997 and 2018, including a mixture of first-authorships and coauthorships on articles published in peer-reviewed medical journals, abstracts presented at scientific meetings, research reports and invited talks. For a BIGGER SAMPLE plus links to other books and software, please visit www.ericssayre.com. 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. 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 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 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 "Set yourself free from binge-eating and comfort-eating"--Cover. 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. In a fast-paced world, many people turn to caffeine to stay energised. Over 80 per cent of adults in the UK use caffeine every day, but when does this habit become a reliance? Caffeine is a bitter addictive drug which attacks the central nervous system and makes you jittery. Fooling you into thinking you are more alert, caffeine will often disrupt your sleep and actually increase overall fatigue. Quite simply, it's bad for you with no real benefits. In this concise pocket book, Allen Carr addresses the difficulties that coffee-drinkers and fizzy drink consumers face in trying to quit caffeine. By explaining what caffeine does to your body, and providing simple step-by-step instructions to free you from your addiction, Carr shows you how to lead a happier, healthier and more chilled life. One of the most time-consuming tasks in clinical medicine is seeking the opinions of specialist colleagues. There is a pressure not only to make referrals appropriate but also to summarize the case in the language of the specialist. This book explains basic physiologic and pathophysiologic mechanisms of cardiovascular disease in a straightforward manner, gives guidelines as to when referral is appropriate, and, uniquely, explains what the specialist is likely to do. It is ideal for any hospital doctor, generalist, or even senior medical student who may need a cardiology opinion, or for that ma. 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 help you beat your addiction to nicotine. "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" -- Allen Carr's Easyway method (for stopping smoking) has been applied to problem drinking. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, he shows you how to escape from the alcohol trap. The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet

sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!' **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 16 million copies worldwide while countless more people 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 **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 Lose weight and feel great in 2020. _____ Allen Carr, international bestselling author of The Easy Way to Stop Smoking, helps you to take off the pounds in no time - without dieting, calorie-counting or using will-power. His revolutionary eating plan allows you to enjoy food and savour flavours all while you're losing weight. You'll be able to: - 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 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 drug addiction. **READ THE EASY WAY TO QUIT SUGAR AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE.** People are now so hooked on sugar that it's become the number one threat to health in the modern world. Using Allen Carr's world-famous Easyway method, this book shows you how to cut bad sugar out of your diet for good. This method works by unravelling the brainwashing that leads you to desire the very thing that is harming you. In challenging the cognitive association of sugar with comfort and pleasure, this book will free you from any sugar cravings so you can live a healthier, happier life. With the brilliant writing skills and illustrations of Bev Aisbett, this handy pocket book is presented here in a truly refreshing, accessible, dynamic and enjoyable way. **• 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 Free yourself from your fear of flying with this LIFE-CHANGING book and start enjoying your holidays again! 'Brilliant - fear of flying is no more! If you hate flying, read this. You've got nothing to lose apart from your fear' 5***** READER REVIEW 'I actually got bored on my last flight thanks to this book! Have shared with other nervous flyers who are all now excited to fly' 5***** READER REVIEW 'A must read. I have suffered a fear of flying since I was 16 . . . Now I can say hand on heart, "I love flying"' 5***** READER REVIEW _____ Learn to enjoy your holidays and never fear flying again with this essential, life-changing, practical and easy-to-read book. This unique method pioneered by Allen Carr dispels all the most common flying fears as well as revealing the truth behind media scare stories. It removes the root of the fear, not just the symptoms and is packed with tips to help you on your next flight. Allen Carr, author of the world's bestselling guide to stopping smoking, uses his unique approach to help make flying an enjoyable part of your work or holiday. By the time you have finished reading this book, you will be looking forward to taking your next flight. _____ 'His method is absolutely unique' Sir Richard Branson Hear from some of the THOUSANDS of people whose flying fears have been cured by this life-changing book . . . 'I have been terrified of flying for years . . . This book has changed all that. Finally I am cured!' 5***** READER REVIEW 'After over 40 years of traumatic flying this book has transformed the way I look at flying. It's changed my life' 5***** READER REVIEW 'It works! I can't wait to get on my flight' 5***** READER REVIEW 'An excellent book, very helpful and reassuring. Left me excited about and not terrified of my flight' 5***** READER REVIEW 'This book cured my flying issues. It really does work' 5***** READER REVIEW 'I had a complete and irrational fear of flying which made life a misery for the last 15 years . . . Suffice to say, I'm now excited about my holiday and looking forward to the flight. It's one amazing book!' 5***** READER REVIEW 'This book has changed my life. I now can't wait to go places; my trips are exciting instead of nightmares . . . I can't recommend this book enough' 5***** READER REVIEW 'You will not regret buying this book . . . Still have no idea how a short book can have so much effect!' 5***** READER REVIEW 'I've tried almost everything to cure my fear of flying . . . and this book works!' 5***** READER REVIEW The author offers a step-by-step approach to stop smoking without the use of nicotine substitutes. The sequel to No Safety in Numbers; a modern day Lord of the Flies for fans of apocalyptic thrillers It's Day 7 in the quarantined mall. The riot is over and the senator trapped inside is determined to end the chaos. Even with new rules, assigned jobs, and heightened security, she still needs to get the teen population under control. So she enlists Marco's help--allowing him to keep his stolen universal card key in exchange for spying on the very football players who are protecting him. But someone is working against the new systems, targeting the teens, and putting the entire mall in even more danger. Lexi, Marco, Ryan, and Shay believe their new alliances are sound. They are wrong. Who can be trusted? And who will be left to trust? The virus was just the beginning. 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 Though only 26 per cent of the UK adult population now smokes (down from a peak of 80 per cent), smoking is actually on the increase among young people. A particular problem exists with teenage girls, though children as young as 8 to 12 are smoking. How to Stop Your Child Smoking, by the foremost expert in the subject, offers a clear, practical ... Patrick O'Neil is a travel agent who never goes anywhere.

His closest confidante, Sharon, is chain-smoking her way to singles hell, passing up man after man. His parents, proprietors of a suburban men's store whose fortunes are sagging more visibly than its customers, can't agree how best to interfere in their sons' lives. And his lover, Arthur (a nice golden retriever of a guy to whom Patrick can't quite commit), wants to cement their relationship by buying a house. Then a call comes in the middle of another sleepless night. Tony, Patrick's straight-as-an-arrow younger brother, has fallen in love with a beautiful lawyer who is turning him on to...opera. Unfortunately, she's not the woman he's already pledged to marry. Tony's life is a mess. Finally, the brothers have something in common.

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 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. The final book of the Bible, Revelation prophesies the ultimate judgement of mankind in a series of allegorical visions, grisly images and numerical predictions. According to these, empires will fall, the "Beast" will be destroyed and Christ will rule a new Jerusalem. With an introduction by Will Self. The easiest way to learn astrology is to start with yourself. Your astrological birth chart is a powerful tool for gaining a deeper understanding of your unique gifts, talents, challenges, and life's purpose. As you begin to decipher the wealth of information in your own birth chart, you'll experience astrology in a personally meaningful way—which makes it easier to understand and remember. Once you learn the basics of astrology, you'll be able to read the birth charts of yourself and others. This friendly guidebook is the most complete introduction to astrology available. Popular astrologer Kris Brandt Riske presents the essentials of astrology in a clear, step-by-step way, paying special attention to three areas of popular interest: relationships, career, and money. She explains the meaning of the planets, zodiac signs, houses, and aspects, and how to interpret their significance in your chart. Over 30 illustrations, including the birth charts of several famous people—Al Gore, Oprah Winfrey, Brad Pitt, and Tiger Woods, to name just a few—add a helpful visual dimension to your learning experience. Practical and positive, Llewellyn's *Complete Book of Astrology* offers techniques for using astrology to identify the qualities you seek in an ideal mate, realize your career and financial potential, calculate your luck, and discover your inner strength. Step-by-step tutorials for 50 beautiful motifs including plants, flowers, animals, & more! - 50 beautiful motifs to paint in 30 minutes or less. - Printed on smooth watercolor paper so you can paint right inside the book! - Learn-at-a-glance instructions make the process easy for beginners. - Detailed paint patterns included for each tutorial. - Brush recommendations, color mixing, color palettes, and all the basics included! Love the look of watercolors but think you lack the skill? Think again! With *Watercolor the Easy Way*, you will learn all about color mixing, brush strokes, and more. Then, you will find a vast collection of 50 stunning pictures to paint. Each of the 50 tutorials is broken down into key steps so you can clearly see how to begin your painting, layer color, and add detail. Also included are hand-drawn patterns that can be traced onto your watercolor pad, brush recommendations, helpful hints, and color palettes. Best of all, the projects can be completed in 30 minutes! Experience the magic of watercolor, spark your creativity, and discover your inner artist with this book. "The Allen Carr method has helped millions quit smoking. Now its experts are determined to tackle the UK's obsession with digital devices" - Daily Express "You'll be aware off how your devices affect you and most of all, you will enjoy the feeling of regaining control" - Daily Mirror 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. Allen Carr and Bev Aisbett present a humorous comfort zone for smokers. This book been designed to appeal to smokers who have failed to quit as well as non-smokers who want a loved one to stop smoking for good. **READ THE EASY WAY FOR WOMEN TO LOSE WEIGHT AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE.** Are you unhappy with the weight you are? In *The Easy Way for Women to Lose Weight*, Allen Carr addresses the difficulties that women face in trying to lose weight. Diets don't work and just lead to a feeling of deprivation, which can cause food disorders like binge-eating. By explaining why you feel the need to eat junk food and, with simple step-by-step instructions to set you free from this addiction, Carr shows you how to eat for a healthier, happier 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* Allen Carr's Easy way to Stop Smoking has helped millions of smokers to quit. In *No More Hangovers* Allen turns his common sense approach to drinking. Covering all the key points of the method, this step-by-step summary is perfect for use on its own or as companion volume to other Easyway titles. Using examples from his own experience, one by... **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* Smoking. This book is intended to be used by students taking Biochemistry 101 with Dr. David R. Khan. It has been formatted to contain a summary of each chapter covered in the course, a slide-by-slide lecture series, and answers to assigned homework problems. This book also contains additional multiple choice (test format) problem sets along with the answers to those questions. 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.** 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." 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