



## Stop Drinking Now

By Allen Carr



### Stop Drinking Now By Allen Carr

"I know so many people who turned their lives around after reading Allen Carr's books."

Sir Richard Branson

READ STOP DRINKING NOW AND BECOME A HAPPY NON-DRINKER FOR THE REST OF YOUR LIFE.

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 to quit. In *Stop drinking now*, Allen Carr's Easyway method 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.

A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER  
REMOVES THE DESIRE TO DRINK ALCOHOL  
STOP EASILY, IMMEDIATELY, PAINLESSLY AND PERMANENTLY  
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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### Editorial Review

#### About the Author

Allen Carr was a chain-smoker, who used to get through a hundred 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. No other method has ever been as successful in getting smokers to quit.

### Users Review

#### From reader reviews:

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Do you one among people who can't read gratifying if the sentence chained in the straightway, hold on guys this particular aren't like that. This Stop Drinking Now book is readable simply by you who hate the perfect word style. You will find the facts here are arrange for enjoyable reading through experience without leaving even decrease the knowledge that want to offer to you. The writer connected with Stop Drinking Now content conveys prospect easily to understand by a lot of people. The printed and e-book are not different in the written content but it just different by means of it. So , do you even now thinking Stop Drinking Now is not loveable to be your top list reading book?

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##### John Davis:

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