

Read Online Easy
Way To Control
Alcohol

Easy Way To Control Alcohol

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

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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

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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

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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

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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

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refined sugar
and processed
carbohydrates.
With the
brilliant
additional
writing skills
and
illustrations
of Bev Aisbett,
you'll free
yourself of
addiction and

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enjoy better
health, higher
levels of
energy,
dramatically
improved body
shape and a
happier,
healthier
lifestyle.

Now complete
with daily
prompts to

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reflect on each day of a month-long, alcohol-free plan, the author of *This Naked Mind* helps readers challenge their thinking, find clarity, and form new habits.

Changing your

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habits can be hard without the right tools. This is especially true for alcohol because habits are, by definition, subconscious thought processes.

Through her

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methodical
research of the
latest
neuroscience
and her own
journey, Annie
Grace has
cracked the
code on habit
change by
addressing the
specific ways
habits form.

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This unique and unprecedented method has now helped thousands redefine their relationship to drinking painlessly and without misery. In The Alcohol Experiment, Annie offers a

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judgment-free
action plan for
anyone who's
ever wondered
what life
without alcohol
is like. The
rules are
simple: Abstain
from drinking
for 30 days and
just see how
you feel. Annie

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arms her readers with the science-backed information to address the cultural and emotional conditioning we experience around alcohol. The result is a mindful

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approach that puts you back in control and permanently stops cravings. With a chapter and journal prompt devoted to each day of the experiment, Annie presents wisdom, tested strategies, and

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thought-
provoking
information to
supplement the
plan and
support your
step-by-step
success as you
learn what
feels good for
you. It's your
body, your
mind, and your

Read Online Easy Way To Control Alcohol choice.

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

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edition of his bestselling guide to giving up smoking. Easyway is the most successful stop-smoking method of all time. It has helped smokers from all over the world to quit. Now it

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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

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illustrations
of Bev Asibett,
Allen Carr's
globally best-
selling method
is presented
here in a truly
refreshing,
accessible,
dynamic, funny
and enjoyable
way.

Allen Carr's No

Read Online Easy Way To Control Alcohol More Hangovers

Free your mind
from worry and
anxiety

Why Today's
Super-Connected
Kids Are
Growing Up Less
Rebellious,
More Tolerant,
Less Happy--and
Completely

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Unprepared for
Adulthood--and
What That Means
for the Rest of
Us

The Easy Way to
Stop Smoking
iGen

Are you sick of the
effects of drinking
on your life? Do you
have even a tiny
shred of desire to

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stop drinking? This book is written from the heart and contains brutally honest techniques that can save you from a self-destructive path of alcoholism. I will to equip you with the necessary knowledge to fight off this disaster from your life. By

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reading this book, you will be able to find the best ways to stop drinking. This is achieved through tackling facts about drinking alcohol and exploring sure ways to evade the persistent urge to drink. The impacts of drinking are highlighting in terms of how alcohol

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consumption affects the brain and the self-help strategies are provided to detach yourself from the tight grasp of an alcohol addiction.

This book investigates empowering you to understand why alcoholics drink the way they do. Many a time, you might be

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wondering why you or a loved one drinks the way they do and what should be done to stop such reckless and destructive behavior. Well, this book answers those two questions in a very easy to understand way. What will you discover in this

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book? -The stages of alcoholism to determine at which one are you or your loved one now; -So-called «the bottom of the bottle», where we will look at the consequences of an alcohol abuse from different perspectives;

-Causes of alcoholism to find

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out the true reasons why it all started and eliminate the root cause; -Popular myths about drinking alcohol and our personal beliefs to call into question; -Reasons to quit drinking to build your inspiring and powerful motivation; -Why quitting can be so hard and why

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you should not rely on your willpower only; -Rules and techniques to adhere to on your path to sobriety; -Real stories from people who have overcome an alcohol addiction; -How to make the desired changes happen in 5 proven steps. This book

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helps you to realize the value of leading a responsible and productive life. It opens your eyes to other forms of hobbies and fun activities that do not require drinking. While this book is not a prescription from your general practitioner, reading it will make a

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significant impact
on your life.

Applying what you
read in your life will
not only give you
the drive to quit
drinking but
empower you to
make sober
decisions to take
control of your life
daily. Make a
conscious decision
to quit drinking and

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begin your journey
toward freedom
today. I totally
believe in you!
Scroll Up and Click
the "Buy-Now"
Button to Get Your
Book! ?Buy the
Paperback Version
of this Book and get
the Kindle Book
version for FREE
Are you still in
control of your

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drinking? Or is the alcohol controlling you? In The Easy Way to Control Alcohol (2001), self-help author Allen Carr explains his method for quitting alcohol use altogether, without suffering withdrawal or subsequent cravings... Purchase this in-depth

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summary to learn
more.

BY THE AUTHOR OF
NEW YORK TIMES
BESTSELLER THE
AUTHENTICITY
PROJECT, THE
BRAVE AND FUNNY
MEMOIR THAT IS
CHANGING LIVES.
How one mother
gave up drinking
and started living.
This is Bridget

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Jones Dries Out.

Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies, and yet by eighteen months ago she'd become an overweight, depressed, middle-aged mother of three who was

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drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' In a desperate bid to turn her life around, she quit drinking and started a blog. She called it Mummy Was a Secret Drinker. This book is the story of a year in Clare's life. A year

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that started with her
quitting booze
having been
drinking more than a
bottle of wine every
day. It sees her
starting a hugely
successful blog,
then getting and
beating breast
cancer. By the end
of the year she is
booze free and
cancer free, two

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stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. Sober Diaries is an upbeat, funny and positive look at how to live life to the full. Interwoven within Clare's own very personal and frank story is research

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and advice, and answers to questions like: How do I know if I'm drinking too much? How will I cope at parties? What do I say to friends and family? How do I cope with cravings? Will I lose weight? What if my partner still drinks? And many more.

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"Alcohol and You" includes everything you need to self-diagnose alcohol problems and find the solution that is right for you. The writer is a leading addictions therapist and author of the Amazon bestseller "The 10-Day Alcohol Detox Plan" and "Mindfulness for

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Alcohol Recovery". His research with hundreds of clients in treatment revealed the best ways to overcome problematic drinking. In this landmark book, he passes on that knowledge to you. Written in an uplifting, easy-to-follow format,

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"Alcohol and You" clearly explains: The best, scientifically-proven ways to reduce or quit drinking. How to self-diagnose alcohol dependence in minutes. How to motivate yourself to change and enjoy the process. How to decide whether cutting down or

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quitting is right for you. Medications and strategies to help deal with cravings. The best, free support to help maintain your progress over time. "Alcohol and You" will leave you feeling inspired, fully-informed, and excited about your future. Order this

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book today and say
good-bye to alcohol
problems.

The Illustrated
Guide

Alcoholic Sobriety

Big Book with

Recovery Detox

Plan To Stop

Drinking Now, Find

Peace and Enjoy

Sober Living

Forever

Alcohol and You - 21

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Ways to Control and
Stop Drinking

A Practical Guide to
Alcohol Moderation,
Sobriety, and When
to Get Professional
Help

Alcohol : the Easy
Solution

The Easy, Mindful
and Pain-Free Way

***Allen Carr was a
chain-smoker,***

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Way To Control
Alcohol

***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***

Read Online Easy
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Alcohol

smoke as well

as

understanding

the subtle and

pervasive

nicotine trap

and how it

works.

Craig Beck was

a successful and

functioning

professional

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Alcohol

***man in spite of
a 'two bottles of
wine a night'
drinking habit.
For 20 years, he
struggled with
problem
drinking, all the
time refusing to
label himself an
alcoholic
because he did***

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Alcohol

***not think he met
the
stereotypical
image that the
word portrayed.
Discover why all
'will-power'
based attempts
to stop drinking
will fail (exactly
as they are
destined to do).***

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Slowly Craig discovered the truth about alcohol addiction, and one by one, all the lies he had previously believed started to fall apart. For the first time, he noticed that

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Alcohol

he genuinely did not want to drink anymore. In this book, he will lead you though the same remarkable process. No need to declare yourself an alcoholic. A

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Way To Control
Alcohol

***permanent cure,
not a lifetime
struggle. No
group meetings
or expensive
rehab. No
humiliation, no
pain and 100%
no 'will-power'
required. Treats
the source of
the problem,***

Read Online Easy
Way To Control
Alcohol

not the

symptoms.

This Naked Mind

has ignited a

movement

across the

country, helping

thousands of

people forever

change their

relationship

with alcohol.

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Alcohol

Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because

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Alcohol

***they fear losing
the pleasure
and stress-relief
associated with
alcohol, and
assume giving it
up will involve
deprivation and
misery. This
Naked Mind
offers a new,
positive***

Read Online Easy
Way To Control
Alcohol

***solution. Here,
Annie Grace
clearly presents
the
psychological
and neurological
components of
alcohol use
based on the
latest science,
and reveals the
cultural, social,***

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Way To Control
Alcohol

and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of

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Alcohol

***alcohol in our
culture, and
how the stigma
of alcoholism
and recovery
keeps people
from getting the
help they need.
With Annie's
own
extraordinary
and candid***

Read Online Easy
Way To Control
Alcohol

***personal story
at its heart, this
book is a must-
read for anyone
who drinks. This
Naked Mind will
give you
freedom from
alcohol. It
removes the
psychological
dependence so***

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Way To Control
Alcohol

***that you will not
crave alcohol,
allowing you to
easily drink less
(or stop
drinking). With
clarity, humor,
and a unique
blend of science
and storytelling,
This Naked Mind
will open the***

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Alcohol

***door to the life
you have been
waiting for.***

***“You have given
me my live
back.” —Katy F.,
Albuquerque,
New Mexico***

***“This is an
inspiring and
groundbreaking
must-read. I am***

Read Online Easy
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Alcohol

***forever inspired
and changed.”***

***—Kate S., Los
Angeles,***

***California “The
most selfless
and amazing
book that I have
ever read.”***

***—Bernie M.,
Dublin, Ireland
This book is***

Read Online Easy
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Alcohol

***useful for
anyone who
may find that
they are
drinking too
much, for the
loved ones of
such people,
and for
clinicians who
want to broaden
their skills when***

Read Online Easy
Way To Control
Alcohol

***working with
people who
struggle with
alcohol.***

***Allen Carr's Easy
Way to Control
Alcohol***

***The 10-Day
Alcohol Detox
Plan***

***Stop Drinking
Alcohol in 5***

Read Online Easy
Way To Control
Alcohol

Steps

Sleep Better,

Lose Weight,

Boost Energy,

Beat Anxiety

Allen Carr's Easy

Way for Women

to Quit Drinking

The Fastest Way

to Stop

Drinking...

Guaranteed

Read Online Easy Way To Control Alcohol

This book is designed for people who want to get back in control of their drinking and go back to a time when they really could 'take or leave' a drink. Picture your bank account with thousands of

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extra dollars in it
and imagine what
life would be like
if you had a
limitless
abundance of
quality time with
your family and
loved ones? If you
are drinking on a
regular basis
then alcohol is
stealing all that

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from you
everyday. My
name is Craig
Beck; I used to be
just like you... My
drinking was
hopelessly out of
control for nearly
two decades.
Nothing I tried
made any
difference, I
attempted dry

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weeks & months
but I always just
ended up
drinking even
more than before.
My doctor agreed
it was time to cut
down but he
could offer no
practical solution
to help me to do
so. I concluded
that the only way

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I was going to escape the insidious trap of alcohol was to throw away all the 'advice' I had been previously given and do the unthinkable.

Mark Holmes calls it the "easy, mindful and pain-free way" to

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Way To Control
Alcohol

alcohol cessation.
You'll call it the
best thing that
ever happened to
you. If you have
ever dreamed of
a better life,
"Holmes's
Complete Guide
To Stop Drinking
Alcohol" will
show you how to
achieve the

Read Online Easy Way To Control Alcohol

sober, clean and
amazing quality
of life you want
and deserve.

Utilizing tried-
and-tested Cognit
ive-Behavioural
Therapy, which
has helped
millions achieve
permanent
sobriety,
combined with

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the latest
scientific
research with
over 300+
academic
references, and
ancient and
modern
mindfulness
techniques,
requiring no
belief in a higher
power, you will

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find it easy and
painless to stop
drinking alcohol.

"Holmes's
Complete Guide
To Stop Drinking
Alcohol" teaches
you : *How to
determine if
you're an
alcoholic * How
you turned from
an occasional

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drinker to a
habitual drinker *
Why using
willpower never
works * The
major causes of
relapse and how
to tackle them
before they
happen. It will
show you step-by-
step how to
change your

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thinking from negative to positive whilst building self-esteem and nurturing self-compassion. It will give you the courage and confidence to redefine yourself and your world.

"Holmes's

Read Online Easy
Way To Control
Alcohol

Complete Guide
To Stop Drinking
Alcohol" is the
only guidebook
you will ever
need to achieve
your sobriety
dream.

Presents the
Easyway method
for quitting
smoking, based
on a factual

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Alcohol

understanding of
the harm of
cigarette
addiction and
practical advice
on how to
successfully
break the habit.
A fresh take on
the Allen Carr
method with all-
new text.

Includes free

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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

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Way To Control
Alcohol

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,

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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

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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

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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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Way To Control
Alcohol

Kick the

Drink...Easily!

Your Personal

Stop Drinking

Plan

Easy Way To

Control Alcohol

Explained By This

Naked Mind

The Sobriety

Journal

Allen Carr's Easy

Way to Stop

Read Online Easy
Way To Control
Alcohol

Smoking

Discover

Effective Ways to
Quit Drinking and
Stop Alcohol
Abuse

*READ THIS BOOK
AND BECOME A
HAPPY*

*NONGAMBLER FOR
THE REST OF YOUR
LIFE Allen Carr's
Easyway is a global*

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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:

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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

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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

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*that instantly I was
freed from my
addiction." Sir
Anthony Hopkins "His
skill is in removing the
psychological
dependence." The
Sunday Times*

**READ STOP
DRINKING NOW
AND BECOME A
HAPPY
NONDRINKER FOR
THE REST OF YOUR**

Read Online Easy Way To Control Alcohol

LIFE. Allen Carr's Easyway a global phenomenon. It has helped millions of smokers from all over the world. Stop Drinking Now applies Allen Carr's Easyway method to problem drinking. By explaining why you feel the need to drink and, with simple step-by-step instructions to set you

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*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 AND
PAINLESSLY •
REGAIN CONTROL*

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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

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*dependence" The
Sunday Times*

*Please note: This is a
companion version &
not the original book.*

Sample Book Insights:

*#1 The fact that it
takes time to turn
generally accepted
dogma on its head is
why it has been more
than 20 years since I
proved that any
smoker can find it*

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easy to quit. There are millions of smokers worldwide who have never heard of Allen Carr or his method. #2 There are many doctors who do not support AA's view that alcoholism is a disease that cannot be cured. They believe that there is hope for recovery, and that alcoholism is just

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a disease of addiction with no cure. #3 The speaker at the meeting was allowed to make any statement, no matter how outrageous, and no one interrupted them. I admired how AA allowed its members to express themselves freely. #4 The fact that you have read this far indicates

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*that you believe you
have a drink problem
to some degree.*

*Wouldn't it be foolish
not to use the cure
that claims to be
instant, easy, and
permanent.*

*Offers guidelines so
readers can decide
whether to try to
moderate their
drinking or to choose
abstinence. He*

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provides a contract for moderate drinking in which readers decide what they will drink, how often and how much they will drink and the situations they need to avoid.

Be a Happy Non-smoker for the Rest of Your Life

The Easy Way to Stop Gambling

How one woman

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*stopped drinking and
started living. By New
York Times Bestseller*

*?????????? ????
?????????? -
?????????????
?????????
?????????*

*Take Control of Your
Drinking
The Easy Way for
Women to Stop
Drinking*

READ THIS BOOK

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Alcohol

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

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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

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drinking face
particular diff
iculties-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

Read Online Easy Way To Control Alcohol

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;

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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

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"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

There is no

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such thing as
an alcoholic
and there is no
such disease as
alcoholism! (as
society
understands
it). Whether
you agree with
this statement
or not, one
thing is for
sure, you will

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never see
alcohol in the
same light ever
again after
reading this
book. Jason
Vale takes an
honest and hard
hitting look at
people's
conceptions of
our most widely
consumed drug.

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Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is

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the major cause
of many of
today's social
problems and a
wide range of
health issues.
This book is
much more than
a simple eye
opener, it
will: change
the way you see
alcohol

Read Online Easy Way To Control Alcohol

forever; show
you how to stop
drinking; help
you enjoy the
process and
enjoy your life
so much more
than you do now
without having
to drink
alcohol. So
open your mind
and take a

Read Online Easy Way To Control Alcohol

journey with
Jason to
explore the
myths about the
most used and
accepted drug
addiction in
the world!

Allen Carr's
Easyway is the
most effective
stop-smoking
method of all

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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

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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

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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

Read Online Easy Way To Control Alcohol

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

Read Online Easy Way To Control Alcohol

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

Read Online Easy Way To Control Alcohol

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.

Read Online Easy Way To Control Alcohol

--Publisher

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

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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

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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

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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

Read Online Easy
Way To Control
Alcohol

literally sets
you free.

Accept no
substitute.

Five million
people can't be
wrong.

The Alcohol

Experiment:

Expanded

Edition

Take Control of

Your

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Way To Control
Alcohol

Drinking...And
You May Not
Need to Quit
The Illustrated
Easy Way to
Stop Drinking
The Easy Way to
Stop Drinking:
The Effortless
Path to Being
Happy, Healthy
and Motivated
Without Alcohol

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Way To Control
Alcohol

Holmes's
Complete Guide
to Stop
Drinking
Alcohol
Stop Drinking
Easily & Safely
*Be happier,
healthier and
more productive
by taking a
break from
booze! An*

Read Online Easy
Way To Control
Alcohol

*illustrated day-
by-day guide
packed with
inspiration and
practical help,
The 28 Day
Alcohol-Free
Challenge is
the only book
you need to
reset your
drinking habits
and discover a*

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Way To Control
Alcohol

*hangover-free
world of
quality time to
achieve your
goals. Drawing
on their own
experiences of
ditching the
drink, and
bringing
together the
collective
experience of*

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Alcohol

*the thousands
of people they
have helped,
Andy and Ruari
bring you
unparalleled
insight into
how you can
make your break
from alcohol an
empowering,
life-changing
experience.*

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Alcohol

*Andy Ramage and
Ruari*

*Fairbairns
started their
website One
Year No Beer to
connect with
like-minded
people who no
longer wanted
to deal with
the adverse
effects of*

Read Online Easy
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Alcohol

*drinking
alcohol. In The
28 Day Alcohol-
Free Challenge
Andy and Ruari
share their
extensive
experience of
going alcohol
free, including
having a great
time at
parties,*

Read Online Easy
Way To Control
Alcohol.

*resisting
appeals from
friends to
'just have the
one', and, most
importantly,
how to make the
most of the
health benefits
of going sober.*

READ ALLEN

**CARR'S EASY WAY
TO CONTROL**

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Way To Control
Alcohol

*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,*

Read Online Easy
Way To Control
Alcohol

*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,*

Read Online Easy
Way To Control
Alcohol

Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple, step-by-step instructions, he shows you

Read Online Easy
Way To Control
Alcohol

*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 •*

Read Online Easy
Way To Control
Alcohol

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."*

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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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*As seen in
Time, USA
TODAY, The
Atlantic, The
Wall Street
Journal, and on
CBS This
Morning, BBC,
PBS, CNN, and
NPR, iGen is
crucial reading
to understand
how the*

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*children,
teens, and
young adults
born in the
mid-1990s and
later are
vastly
different from
their
Millennial
predecessors,
and from any
other*

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Alcohol

generation.

With

*generational
divides wider
than ever,
parents,
educators, and
employers have
an urgent need
to understand
today's rising
generation of
teens and young*

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adults. Born in the mid-1990s up to the mid-2000s, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and

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Way To Control
Alcohol

*texting
replacing other
activities,
iGen spends
less time with
their friends
in
person—perhaps
contributing to
their
unprecedented
levels of
anxiety,*

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Way To Control
Alcohol

*depression, and
loneliness. But
technology is
not the only
thing that
makes iGen
distinct from
every
generation
before them;
they are also
different in
how they spend*

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their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos,

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Alcohol

*and want
different
things from
their lives and
careers. More
than previous
generations,
they are
obsessed with
safety, focused
on tolerance,
and have no
patience for*

Read Online Easy Way To Control Alcohol

inequality.

*With the first
members of iGen
just graduating
from college,*

*we all need to
understand*

*them: friends
and family need
to look out for
them;*

*businesses must
figure out how*

Read Online Easy Way To Control Alcohol

*to recruit them
and sell to
them; colleges
and
universities
must know how
to educate and
guide them. And
members of iGen
also need to
understand
themselves as
they*

Read Online Easy Way To Control Alcohol

*communicate
with their
elders and
explain their
views to their
older peers.
Because where
iGen goes, so
goes our
nation—and the
world.*

*The Fastest Way
to Stop*

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Alcohol

Drinking...

*Imagine if
tomorrow you
wake up with no
hangover, no
regrets and
feeling full of
energy and
vitality.*

*Picture your
bank account
with thousands
of extra*

Read Online Easy
Way To Control
Alcohol

*dollars in it
and imagine
what life would
be like if you
had a limitless
abundance of
quality time
with your
family and
loved ones? If
you are
drinking on a
regular basis*

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Alcohol

then alcohol is stealing all that from you everyday. My name is Craig Beck; I used to be just like you... My drinking was hopelessly out of control for nearly two decades.

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Alcohol

*Nothing I tried
made any
difference, I
attempted dry
weeks & months
but I always
just ended up
drinking even
more than
before. My
doctor agreed
it was time to
cut down but he*

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could offer no practical solution to help me to do so. I concluded that the only way I was going to escape the insidious trap of alcohol was to throw away all the 'advice' I had

Read Online Easy
Way To Control
Alcohol

*been previously
given and do
the*

unthinkable.

*How to Control
and Stop
Drinking*

*Easy Way to
Control Alcohol
Stop Drinking
Now*

*Quit Like a
Woman*

Read Online Easy
Way To Control
Alcohol

*Alcohol and You
The Radical
Choice to Not
Drink in a
Culture
Obsessed with
Alcohol*

**This text is bold
and controversial
and takes issue
with many experts
in the field and
much received**

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Alcohol

**wisdom. It dispels
all illusions about
the benefit of
alcohol, promises
no withdrawal
symptoms and
removes the desire
and need for
alcohol.**

**NEW YORK TIMES
BESTSELLER •**

**“An unflinching
examination of**

Read Online Easy
Way To Control
Alcohol

**how our drinking
culture hurts
women and a
gorgeous memoir
of how one woman
healed
herself.”—Glennon
Doyle, #1 New
York Times
bestselling author
of Untamed “You
don’t know how
much you need**

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Alcohol

**this book, or
maybe you do.
Either way, it will
save your
life.”—Melissa
Hartwig Urban,
Whole30 co-
founder and CEO
The founder of the
first female-
focused recovery
program offers a
groundbreaking**

Read Online Easy
Way To Control
Alcohol

**look at alcohol and
a radical new path
to sobriety. We live
in a world
obsessed with
drinking. We drink
at baby showers
and work events,
brunch and book
club, graduations
and funerals. Yet
no one ever
questions**

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Way To Control
Alcohol

alcohol's ubiquity—in fact, the only thing ever questioned is why someone doesn't drink. It is a qualifier for belonging and if you don't imbibe, you are considered an anomaly. As a society, we are

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Way To Control
Alcohol

**obsessed with
health and
wellness, yet we
uphold alcohol as
some kind of
magic elixir,
though it is
anything but.
When Holly
Whitaker decided
to seek help after
one too many
benders, she**

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Way To Control
Alcohol

embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that

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Alcohol

alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are

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Alcohol

**archaic,
patriarchal, and
ineffective for the
unique needs of
women and other
historically
oppressed
people—who don't
need to lose their
egos and
surrender to a
male concept of
God, as the tenets**

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Alcohol
of Alcoholics

**Anonymous state,
but who need to
cultivate a deeper
understanding of
their own identities
and take control of
their lives. When
Holly found an
alternate way out
of her own
addiction, she felt
a calling to create**

Read Online Easy
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Alcohol
a sober

**community with
resources for
anyone
questioning their
relationship with
drinking, so that
they might find
their way as well.
Her resultant
feminine-centric
recovery program
focuses on getting**

Read Online Easy
Way To Control
Alcohol

**at the root causes
that lead people to
overindulge and
provides the tools
necessary to break
the cycle of
addiction, showing
us what is
possible when we
remove alcohol
and destroy our
belief system
around it. Written**

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Way To Control
Alcohol

in a relatable voice that is honest and witty, Quit Like a Woman is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication.

You will never look

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Way To Control
Alcohol

at drinking the same way again. Do you want to take a break from alcohol easily and safely? When you stop drinking, it takes up to 10 days for the alcohol to completely leave your system. It's a tricky time. You

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Way To Control
Alcohol

**get cravings and
your thinking
becomes
emotional. Most
people struggle in
the early days. But
now there's a
modern, scientific
solution. The
10-Day Alcohol
Detox Plan walks
you through the
detox period**

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Alcohol

**painlessly and
explains
everything you
need to carry on to
your personal
sobriety goal,
whether short-term
or long-term.
Written in an
engaging and
informative way,
the 10-Day Alcohol
Detox Plan is**

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practical and easy to follow. There's no doom and gloom or going to meetings. It just does the job, and is suitable for anyone: If you want to try a sober break from alcohol If you want to stop drinking to help fitness or weight-

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loss If you need to give up alcohol for health reasons If you've simply had enough and want to quit drinking for good The author is a therapist working in public health who has helped countless drinkers to quit alcohol, and is the

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**author of the
bestseller “Alcohol
and You: How to
Control and Stop
Drinking” and
"Mindfulness for
Alcohol
Recovery". Order
this book today
and find a better
way.**

**Allen Carr's
Easyway method**

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Alcohol

**has helped
millions of people
around the world
to stop smoking
and it has also
been successfully
applied to a wide
range of other
addictions,
including
gambling,
overeating and
drinking alcohol.**

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Alcohol

As the reader works their way through this book, they write their own story of their addiction to alcohol, analyzing their reasons for drinking and their fears about life without drinking. Guided by the interactive format,

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Way To Control
Alcohol

readers come to recognize the truth about their drinking by recording and examining their own beliefs, aspirations and insights as they go along and are prompted to rewrite the story of their life as a

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Way To Control
Alcohol

**drinker with a
positive ending.
How to Give Up
Your Addiction
and Quit Alcohol
Alcohol Lied to
Me: The Intelligent
Escape from
Alcohol Addiction
The Easy Way to
Mindfulness
The Easy Way to
Quit Sugar**

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Way To Control
Alcohol

Free At Last!

**The Fastest Way to
Control Alcohol...**

Guaranteed

READ THIS BOOK,
FOLLOW THE
INSTRUCTIONS AND
STOP DRINKING
NOW. Allen
Carr's Easyway
method has
helped millions
of people to

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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

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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

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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

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Sunday Times

Did you want to know when and how to say no to alcohol? How many time have you found yourself in this situation telling yourself you are going to stop drinking only to found yourself back in

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the same
circle.? As
someone who has
been there, I
can't blame you
for not keeping
to your word,
it's not about
how discipline
or learned you
are it is just
that you are
addicted or
dependent. I

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can't remember
the number of
alcohol related
problem my
addiction put me
into. The shame,
embarrassment,
health problems,
and depression
just to mention
few, I have seen
and feel it all
that's why I
don't want you

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to go through
the same route
of self-
destruction. As
alcohol
dependency is
something that
can't be formed
in simple terms,
alcohol
dependency in
general is
refers to the
situation of

Read Online Easy Way To Control Alcohol

being obsessed
to continue
drinking even
when you know
it's harmful to
your health,
being addicted
to alcohol means
you are not in
control of the
intake. I want
you to imagine
how your life
would look like

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if you are not
addicted to
alcohol, the
better quality
health you would
have, the extra
money you would
save, the
feeling you get
when you know
you are being
respected in the
communities,
among your

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peers, etc. how did you feel? I know you can't imagine it as life without alcohol is too dreadful for an addict to imagine. Even if you want to quit, the reality of the situation is that the

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addicted part of you won't make this easy, as it won't join force with the part of you that want to stop. This part of you is the dependent which will make your sober journey difficult. First of all in order to take control

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what you need is to be honest with yourself, take a look at the danger alcohol has caused or can caused you, and you need to understand that continuing this kind of life will carry you downhill. If you

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are one of these occasional drinker, your life might be looking great from an outside point of view. But you are likely to run into severe health problems or death from drinking illness such as

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cirrhosis,
merely because
you don't feel
like giving up
alcohol earlier,
like those
drinker who use
to get knocked
up by alcohol.
To quit alcohol
you will not
only need
reading the
content of this

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book but
likewise you
need to choose
strategy in
order to help
free yourself
from the
ceaselessly
drinking of
alcohol. This is
where the
focused of this
book come in,
which is to help

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you decide and provide the best and the suitable strategy for you. The main goal of this book is to show you how to stop/control your alcohol intake but at the end you'll Learn the ancient and

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modern treatment
alcohol. Know
how to handle
urges. How to
say no to people
in the most
respectable way
and not feel
awkward about
it. Learn about
the nutritious
food you can use
to cure your
craving. Learn

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how to center
and improve your
brain on what is
important And
lots more Would
you rather keep
going this
dangerous
downhill, which
is making you
embarrassing
your love one,
which you will
later cause you

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to spend huge
sum of money on
therapy, or
spend an hour to
know how and
what you need to
do to quit
alcohol? Scroll
and up and click
the buy Now
Button to get
started Your
organs will
thank you for

Read Online Easy Way To Control Alcohol

this action you
are taking..

Alcohol and

Guilt-Free

Strategies

You'll Love for

Happier Hours &

a Joy-Filled

Life Are you

struggling with

alcohol

dependence or

addiction? Would

you love to cut

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back or quit but
have no idea
what to do or
how to begin? Or
do you yearn for
a fresh start?

First things
first: start
from your heart.

Cassandra
Gaisford, a
health
counselor,
holistic

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therapist and
the #1
bestselling
author of Stress
Less, Sexy
Sobriety, Mid-
Life Career
Rescue and Find
Your Passion and
Purpose, (BCA,
Dip Psych)
provides the
ultimate
sobriety

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solution. This
guided book
leaves you free
to create your
own bespoke
journal tailored
to support your
needs. Includes,
Journal Writing
Prompts,
Empowering and
Inspirational
Quotes and
Recovery

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Exercises that
can be of use in
your daily
journal writing,
working with
your sponsor or
use in a
recovery group.
The passion and
purpose-inspired
Sobriety Journal
is the perfect
place to begin
your love

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affair. Think

Brand You!

Creating

successful

change and

committing to

sobriety is

impossible

without passion,

enthusiasm,

zest,

inspiration and

the deep

satisfaction

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that comes from putting your energy into something healthier that still delivers you some kind of buzz. Very often, an important step is to swap a negative addiction with a new obsession

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and in this regard, nothing beats following your passion. Passion is a source of energy from the soul, and when you combine it with doing something that benefits yourself and others, that's where you'll

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find your magic.
Love is the way
forward. Meeting
peoples' needs,
hopes, dreams,
and desires; or
offering
something which
helps them solve
problems for
which they'd
love a cure, is
good for your
soul and will

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speed your recovery. Cut back or quit drinking entirely without becoming a hermit, being ostracized, or cutting back on an enjoyable social life—all from the comfort of your home.

The passion and

Read Online Easy Way To Control Alcohol

purpose-inspired
Sobriety Journal
brims with a
range of
creative,
practical and
wonderfully
refreshing and
healthy
strategies to
help you stop
drinking or
reduce alcohol.
Not everyone

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wants or needs
to join a
support group to
adopt a more
mindful approach
to controlling
their alcohol
consumption or
to deal with
their drinking
problems.

Gaisford
provides readers
with a carefully

Read Online Easy Way To Control Alcohol,

curated,
inspirational
alcohol-free
alternatives.

"Anyone who
needs to be kept
on track or
inspired to
commit to living
sober will find
genuine help in
this
refreshingly
insightful and

Read Online Easy Way To Control Alcohol

solution-focused
book." The
passion and
purpose-inspired
Sobriety Journal
grew out of
Cassandra
Gaisford's
decades-long
work in self-
esteem, well-
being and
success
coaching. This

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book guides you through a variety of different booze-free alternatives that will make your soul sing and send your dopamine levels soaring. Over time, The Sobriety Journal enables you to

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more easily make
positive choices
again and again.

The Sobriety
Journal is a
companion guide
to Sexy Sobriety
and Your

Beautiful Mind:
Control Alcohol,
Discover

Freedom, Find
Happiness and
Change Your Life-

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integrating
neuroscience,
cognitive
therapy, proven
tools, and
teachings to
help people
suffering from
alcohol
dependence and
addiction. The
Sobriety Journal
easy strategies
for happier

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hours & a joy-filled life will help you achieve your goals- whether that's getting sober or just cutting back-and create positive, permanent transformational change in your life. Stop drinking now.

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Kick the drink easily. Swap a negative addiction for a positive, life-enhancing, passion and purpose-driven obsession one. Order your copy today! Bonus: Alcohol-Free Drink Recipes You'll Love!

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Easy Way to

Control

AlcoholArcturus

Publishing

This Naked Mind

Summary of Allen

Carr's The Easy

Way to Control

Alcohol by

Milkyway Media

Take Control of

Your Life

Make a

Difference: Talk

Read Online Easy Way To Control Alcohol

to Your Child
about Alcohol
The Sober
Diaries
Control Alcohol,
Find Freedom,
Discover
Happiness &
Change Your Life
Everything you
need to know to
control or stop
drinking alcohol -

Read Online Easy Way To Control Alcohol

all in one book.

This is practical,
scientific advice
that you can put to
work in your own
life right away. It
doesn't matter
whether you want
to reduce your
drinking, stop
drinking
temporarily, or

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stop permanently,
as this book will
clarify which option
is best for you.

The writer is a
leading addiction
therapist in
government-
funded services,
who has carried
out thousands of
hours face-to-face

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research with
problem drinkers.
This book explains
the methods he
has found that
really work - not
just in theory, but
in the real world,
with real people
like you. An
Amazon #1 Best
Seller, "Alcohol

Read Online Easy Way To Control Alcohol

and You" provides essential reading, including: * How to reduce and control your drinking. * How to stop drinking temporarily or permanently. * How to test and self-diagnose alcoholism

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instantly. * How to build and sustain motivation. * How to choose your method: reduction or detox. * How to do safe alcohol detoxification without rehab. * How to maintain alcohol recovery over time. *

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Discover
prescription drugs
that stop alcohol
cravings. * Find
out if going to
Alcoholics
Anonymous works.
* Find out which
therapy is best:
CBT, 12 Step, or
Motivation
Therapy. * Find

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out if Mindfulness
or Hypnotherapy
work for alcohol
reduction. * Learn
the signs,
symptoms and
definition of
alcoholism, and
how to reverse it. *
Discover the most
reliable solution
the author has

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Way To Control
Alcohol

used with
thousands of
drinkers. Order
your copy of
"Alcohol and You"
and stop problem
drinking NOW!
READ WHILE
YOUR BOOK
SHIPS - Order
your paperback
today and

Read Online Easy Way To Control Alcohol

download the
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Do you want to
free yourself from
worry and anxiety?
Allen Carr's
Easyway method
has brilliantly

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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

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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

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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,

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practical outcome:
YOUR
HAPPINESS.

"Why develop a booklet about helping kids avoid alcohol?" Alcohol is a drug, as surely as cocaine and marijuana are. It's also illegal to drink under the age of

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21. And it's dangerous. Kids who drink are more likely to: * Be victims of violent crime. * Have serious problems in school. * Be involved in drinking-related traffic crashes. This guide is geared to

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parents and guardians of young people ages 10 to 14. These suggestions are just that--suggestions. Trust your instincts. Choose ideas you are comfortable with, and use your own

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style in carrying out the approaches you find useful. Your child looks to you for guidance and support in making life decisions--including the decision not to use alcohol.

.Audience:

Parents, child

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counselors,
educators, child
psychologists,
physicians, school
guidance
counselors, and
teenagers may be
interested in this
resource. Related
products: Other
products related to
Women's Health

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can be found here:

<https://bookstore.gpo.gov/catalog/health-benefits/women-s-health> Other

products related to Alcoholism can be

found here: <https://bookstore.gpo.gov/catalog/health-benefits/alcoholism-smoking-substance->

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abuse Other
products produced
by National
Institute on Alcohol
Abuse and
Alcoholism can be
found here: [https://
bookstore.gpo.gov
/agency/1720](https://bookstore.gpo.gov/agency/1720)

Summary of Allen
Carr's Allen Carr's
Easy Way to

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Way To Control
Alcohol

Control Alcohol
The 28 Day
Alcohol-Free
Challenge
The Original
Easyway Method
A 30-Day, Alcohol-
Free Challenge To
Interrupt Your
Habits and Help
You Take Control