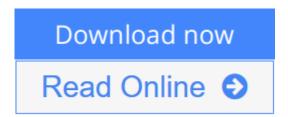


The Illustrated Easy Way to Stop Drinking: Free At Last!

By Allen Carr



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From the author of the global bestseller The Easy Way to Stop Smoking

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

Allen Carr's Easyway method has helped millions of people to quit smoking, alcohol and other drugs, as well as to stop gambling, over-eating and getting into debt. It will show you the way to escape from the alcohol trap.

A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER

STOP DRINKING EASILY, PAINLESSLY AND PERMANENTLY

REGAIN CONTROL OF YOUR LIFE

READ THIS BOOK, FOLLOW THE INSTRUCTIONS AND STOP DRINKING NOW.

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Editorial Review

About the Author

Allen Carr was chain-smoking 100 cigarettes a day, despite the fact that his sister, Marion, and his father had died prematurely of lung cancer. After repeated failed attempts to stop smoking, Allen's conversion into a non-smoker was as dramatic as it was totally unexpected. His discovery of the kernel of what would become the Easyway method brought about another life-changing decision: to dedicate his life to the fight against nicotine addiction. Since 1983 Easyway has been built into an international brand with clinics across the world.

Users Review

From reader reviews:

Robert Rios:

Now a day those who Living in the era just where everything reachable by match the internet and the resources inside it can be true or not require people to be aware of each data they get. How many people to be smart in acquiring any information nowadays? Of course the solution is reading a book. Looking at a book can help men and women out of this uncertainty Information specifically this The Illustrated Easy Way to Stop Drinking: Free At Last! book since this book offers you rich details and knowledge. Of course the info in this book hundred percent guarantees there is no doubt in it you may already know.

Carmela Randle:

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Luann Bowen:

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