

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

By Allen Carr

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

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:

Alysa Appel:

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Brooke Gafford:

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