

## How To Download eBook Allen Carrs Quit Drinking Without Willpower Be A Happy Nondrinker Allen Carrs Easyway

### **Allen Carrs Quit Drinking Without Willpower Be A Happy Nondrinker Allen Carrs Easyway**

The Unexpected Joy of Being SoberKick the DrinkEasily!Stop Smoing  
NowFirst Year SobrietyDrunk MomAllen Carr's Easyweigh to Lose  
WeightAllen Carr's Easy Way for Women to Quit DrinkingStop Drinking  
NowThe Easy Way for Women to Lose WeightThe Stop Drinking ExpertAllen  
Carr's How to Stop Your Child SmokingHow to Stop Drinking Without  
WillpowerNo More HangoversHow to Stop Drinking AlcoholAlcohol  
Explained 2The Easy Way to Quit SugarChange Your Mind and Your Life  
Will FollowGood Sugar Bad SugarAllen Carr's Easy Way to Stop  
SmokingIllustrated Easy Way for Women to Stop SmokingAlcohol Lied to  
Me Again! - Get Back On the Wagon & Regain Control of Your DrinkingThe  
Illustrated Easy Way to Stop DrinkingThe Alcohol Experiment: Expanded  
EditionGet Your Loved One SoberThis Naked MindSummary of Allen Carr's  
The Easy Way to Control Alcohol by Milkyway MediaAllen Carr's Easy Way  
for Women to Stop SmokingAllen Carr's Easy Way to Control AlcoholThe  
Little Book of QuittingHow to Quit Drinking Without AA, Revised 2nd  
EditionDrink Less in 7 DaysYour Personal Stop Drinking PlanThe Easy  
Way to Quit CaffeineI Quit!The Only Way to Stop Smoking  
PermanentlyAllen Carr's Easy Way to Stop SmokingThe Easy Way to Stop

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DrinkingSeven Weeks to SobrietyRational RecoveryUlysses

## **The Unexpected Joy of Being Sober**

This unique book contains the key elements of Allen Carr's universally acclaimed Easyway method of quitting smoking - the only proven way of stopping smoking for good. Follow the Easyway method and you will see through the smokescreen of lies and mis-information which are at the heart of society's ideas and beliefs about smoking. You will be

## **Kick the DrinkEasily!**

Self help.

## **Stop Smoing Now**

## **First Year Sobriety**

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 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. --Publisher

### **Drunk Mom**

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

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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.

### **Allen Carr's Easyweigh to Lose Weight**

In Alcohol Explained 2 William Porter develops his insight into the alcohol phenomenon, and provides the tools you need to retake control of your life for good.

### **Allen Carr's Easy Way for Women to Quit Drinking**

This guide examines the differences and difficulties experienced by women trying to stop smoking and engages the reader in a personal consultation, offering specific targeted advice on how to resolve the issues behind smoking.

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## **Stop Drinking Now**

Alcohol is the most devious and deceptive drug on planet earth and occasionally people fall back under its spell. This journey backwards virtually always starts with the same sentence being uttered: 'Surely just one drink won't hurt'. Just one drink it seems such an innocuous action that it couldn't possibly cause any substantial drama. In reality it is the same hoping to take just one little step off a cliff. It's only one seemingly insignificant step but the consequences are rapid, irreversible and severe. Both events start off an unstoppable series of events. In *Alcohol Lied to Me Again*, Craig gives you the tools to once again break the cycle of alcohol addiction. You will discover why this relapse can be a good thing and how you use it to ensure you stay sober for the rest of your life. If you have started drinking again this book will guide you quickly back to a happy and fulfilled life, completely free from the misery of alcohol.

## **The Easy Way for Women to Lose Weight**

When I wrote the book '*Alcohol Lied To Me*, ' I had no idea the impact it would make to problem drinkers around the world. I certainly had no

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idea it would end up helping hundreds of thousands of people out of the miserable loop of alcoholism. I only wanted to document how I had finally dealt with my problem without any of the usual pain and struggle. Alcohol Lied To Me is how I escaped the trap of functional alcoholism without any of those embarrassing group meetings, no dangerous medication, expensive rehab, or ineffective willpower. It has been a savior to so many successful, loving, caring, and amazing people whose only flaw is being in a loop with their drinking. It offers a compelling alternative solution to the twelve steps. 1.No need to label yourself an alcoholic 2.No religion or giving your problem to a higher power 3.A logical and intelligent approach to problem drinking 4.It's proven effective 5.The only Trustpilot 5-star rated quit drinking program This book features all the best advice of 'Alcohol Lied To Me, ' and the secrets I share with attendees of Quit Drinking Bootcamp. Plus all the great sober living tips I have picked up over a decade of helping problem drinkers around the world. The truth is, this social pleasantry is a drug and a dangerous one at that. Alcohol kills millions of people every year, and yet we are repeatedly made to feel that if you refuse to join in with the consumption of attractively packaged poison, it's you who has a problem. In the western world, we live in a bubble of unreality around this drug. When you write down the nonsense, we believe about this

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drug; it looks quite insane.-We toast our 'good health' with a liquid proven to cause seven significant forms of cancer. -We drink when we feel down, even though alcohol is a depressant.-Alcohol is used to help us with insomnia, even though we know it disturbs sleep.-Drinkers are suspicious of the people who choose not to drink the poison, not the other way around. We have got ourselves into a bizarre situation where we are looking at black and insisting it is white. It's is the unpicking of this universal distortion that explains why this approach has been so useful for so many problem drinkers around the world. Reading this book is a bit like going to see Penn And Teller, the famous illusionists. First they wow you with a spectacular illusion and you can see no other explanation than to call it magic. However, then they come back on the stage and show you how the trick was performed. From this point on, you will never be able to be fooled by that illusion again.It doesn't matter how long you live; you will never be able to label that routine as 'magic' again. Even if you reach the ripe old age of 100-years-old, that piece of theatre will fail to fool you again. In this book I show you how the alcohol trick is being performed. I show you why you believe that drinking helps you relax and cope with life. I reveal why you think that alcohol enables you to be more sociable and confident in public. I shine the spotlight of truth on all the nonsense and illusion of this drug. I proudly

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reveal myself to be the man who forever spoils alcohol for you, for good! While it is true that you can go through this book, complete my online course, or come to Bootcamp and still go back to drinking after. However, it will not be the same. You will never be able to drink using the old excuses and justification you previously employed to explain your actions. This is the book that changes your view of alcohol, forever! [www.StopDrinkingExpert.com](http://www.StopDrinkingExpert.com)

### **The Stop Drinking Expert**

Over 80 per cent of adults in the UK use caffeine every day. But at what point, did they consciously decide to consume it daily and begin to feel uneasy if they didn't? Caffeine is a bitter addictive drug which acts as a natural insecticide. It attacks the central nervous system and makes people jittery. It fools you into thinking you are more alert. Quite simply, it's bad for you with no actual benefits. In *The Easy Way to Quit Caffeine*, Allen Carr addresses the difficulties coffee-drinkers - and fizzy drink consumers - face in trying to quit caffeine. By explaining why you feel the need for caffeine and with simple step-by-step instructions to set you free from your addiction, Carr shows you how to lead a happier, healthier, more chilled life.



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## **Allen Carr's How to Stop Your Child Smoking**

Offers a self-recovery program for substance abuse based on the Addictive Voice Recognition Technique

## **How to Stop Drinking Without Willpower**

'One by one Allen Carr demolishes all the reasons why smokers cling to the habit.' Today 'A different approach a stunning success.' Sun 'His skill is in removing the psychological dependence.' Sunday Times

## **No More Hangovers**

The first general consumer book ever on the powerful, award-winning, scientifically proven new system of intervention that is turning the recovery field on its head. Historically there have been few options available for individuals seeking help for treatment-resistant loved ones suffering from substance abuse. Co-author Dr. Robert Meyers spent ten years developing a treatment program that helps Concerned Significant Others (CSOs) both improve the quality of their lives and to learn how to make treatment an attractive option for their partners

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who are substance abusers. Get Your Loved One Sober describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life. Key Features: CRAFT is more effective than other types of interventions. This breakthrough new system is sweeping the recovery field. This is its first introduction to the general public. Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. Proven successful for numerous addictions, not just alcoholism.

### **How to Stop Drinking Alcohol**

"I hold this book to be the most important expression which the present age has found; it is a book to which we are all indebted, and from which none of us can escape." T.S. Eliot Ulysses depicts a day in Leopold Bloom's life, broken into episodes analogous to Homer's Odyssey and related in rich, varied styles. Joyce's novel is

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celebrated for its depth of learning, earthy humor, literary allusions and piercing insight into the human heart. First published in Paris in 1922 Ulysses was not published in the United States until 1934. Immediately recognized as an extraordinary work that both echoed the history of English literature and took it in new, unheralded directions, Joyce's book was controversial. Its widespread release was initially slowed by censors nitpicking a few passages. The novel is challenging, in that it is an uncommon reader who will perceive all that Joyce has put into his pages upon first reading, but it is uniquely rewarding for anyone willing to follow where the author leads. Far more than a learned exercise in literary skill, Ulysses displays a sense of humor that ranges from delicate to roguish as well as sequences of striking beauty and emotion. Chief among the latter must be the novel's climactic stream of consciousness step into the mind of the protagonist's wife, Molly Bloom, whose open-hearted acceptance of life and love is among the most memorable and moving passages in English literature. With an eye-catching new cover, and professionally typeset manuscript, this edition of Ulysses is both modern and readable.

### **Alcohol Explained 2**

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Craig Beck (The Stop Drinking Expert) was a well-regarded family man with two children, a lovely home, and a successful media career; a director of several companies, and at one time the trustee of a large children's charity. Craig was a successful and functioning professional 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 not think he met the stereotypical image that the word portrayed. He tried numerous ways to cut down; attempting 'dry months', banning himself from drinking spirits, only drinking at the weekend and on special occasions (and found that it is astonishing how even the smallest of occasions can suddenly become 'special'). All these 'will-power' based attempts to stop drinking failed (exactly as they were destined to do). Slowly he 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 he genuinely did not want to drink anymore. In this book, he will lead you through the same remarkable process. The Stop Drinking Expert method is unique\* No labels - you are not an alcoholic!\* A permanent cure. Not a lifetime struggle.\* No embarrassing Alcoholics Anonymous\* Forget about expensive rehab.\* Zero ineffective willpower required.\* No dangerous medication.\* Treats the source of the problem, not the symptoms.\* 5x more effective than

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traditional methods. Over the past decade, Craig has become recognized as the world's #1 quit drinking mentor. He has helped over 50,000 people to discover their own happy sober life.

[www.StopDrinkingExpert.com](http://www.StopDrinkingExpert.com)

### **The Easy Way to Quit Sugar**

The bestselling author of *Each Day a New Beginning* offers a practical, easy-to-implement guide to making positive changes—and living the results. Thirty years ago, Karen Casey wandered into a support group and learned there was only one thing she could change: herself! She found a group of people who had adopted this concept, and she joined them. The resulting transformation was so profound that Casey dedicated herself to teaching others what's possible when we put our minds to changing our lives. *Change Your Mind and Your Life Will Follow* offers a dozen simple principles to live by. Each principle is explored in its own chapter and includes meditation-style essays to help readers access peaceful, life-changing responses to just about any situation. Finding happiness, peace, and purpose really can be as simple as changing our minds. This little book will show you how.

"Change Your Mind and Your Life Will Follow tells the truth and tells it well. I recommend it." —Marianne Williamson

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## **Change Your Mind and Your Life Will Follow**

Suggests a test for alcoholism, describes the benefits of not drinking, and offers practical advice on a variety of ways to stop drinking

## **Good Sugar Bad Sugar**

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

## **Allen Carr's Easy Way to Stop Smoking**

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

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revolutionary method to drinking. With startling insight into why w

## **Illustrated Easy Way for Women to Stop Smoking**

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

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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.

### **Alcohol Lied to Me Again! - Get Back On the Wagon & Regain Control of Your Drinking**

"Comprehensive, rational and personal. It supplies much of what is missing in traditional approaches to alcoholic rehabilitation. I believe that this book can save lives." Leo Galland, M.D. Open this book and you will embark on a groundbreaking seven-week journey that will change your life. You will learn how to break your addiction to alcohol and end your cravings--and do it under your own power. Here, step-by-step, is a proven, seven-week program developed by Dr. Joan Matthews Larson at the innovative Health Recovery Center in Minneapolis, that subdues your body's addictive chemistry and puts you on the path to full recovery. From the Trade Paperback edition.

### **The Illustrated Easy Way to Stop Drinking**



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The first in a series of three recovery guides, *First-Year Sobriety* uses personal stories to show that despite their differing experiences, all are united in the process of living without alcohol or drugs. *First-Year Sobriety* uses the voices of many women and men who are struggling in the often baffling territory of their first year of sobriety to show that despite their differing experiences, all are united in the process of giving life without alcohol or other drugs a chance. These are people who are alternately amazed, appalled, delighted, depressed, illuminated, disturbed, or simply thrown by their first days, weeks, and months of sobriety. Author Guy Kettelhack explores the challenges all seem to face: learning to break through loneliness, isolation, and fear; finding ways to deal with anger, depression, and resentment; and learning how to deal with a new and sometimes overwhelming happiness. Kettelhack has written seven books on recovery. He is completing a Master's degree in psychoanalysis, and is an analyst-in-training at the Boston and New York Centers for Modern Psychoanalytic Studies. A graduate of Middlebury College, Kettelhack has also done graduate work in English literature at Bread Loaf School of English at Oxford University. He lives in New York City.

**The Alcohol Experiment: Expanded Edition**

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There is no 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 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. 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 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 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 journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

### **Get Your Loved One Sober**

Begin your new life as a non-smoker today. This book will help you:  
Find the right frame of mind to quit Avoid weight gain Simply and easily stop smoking Enjoy the freedom and choices of all non-smokers

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From Allen Carr, the worldwide bestselling author of Easy Way to Stop Smoking. 'I was exhilarated by a new sense of freedom.'

Independent 'This guy's brilliant. And I haven't smoked since.' Ashton Kutcher 'Instantly I was freed from my addiction'. Sir Anthony Hopkins

### **This Naked Mind**

'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 quit smoking expert, Allen was right to boast! This classic guide to the world's most successful stop smoking method is all you need to give up smoking. You can even smoke while you read.

### **Summary of Allen Carr's The Easy Way to Control Alcohol by Milkyway Media**

Increased alcohol consumption in society today is rarely out of the news. But it seems that most therapies and therapists offer an all-or-nothing solution--give up completely or give in to the drink. However, for those of us who would like to reduce our intake without giving up completely, clinical hypnotherapist Georgia Foster offers a middle

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way--and even better, it takes just seven days! Georgia is a world-leading therapist, specializing in overdrinking behavior (as well as anxiety and self-esteem and other issues). Her drink less courses have a high success rate (95% of attendees report reduced alcohol consumption) and here she shares the secrets of this success. Georgia uses short questionnaires and tick boxes to help the reader establish how they currently relate to alcohol and then gives simple, practical steps to help the reader take back control of their drinking.

### **Allen Carr's Easy Way for Women to Stop Smoking**

"I know so many people who have turned their lives around after reading Allen Carr's books." -Sir 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 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 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 to desire the very thing that is harming us, and it has now been applied to other areas. The Easy Way to Quit

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Sugar tackles the biggest dietary threat to the modern world: addiction to refined sugar and processed carbohydrates. With the brilliant additional writing skills and illustrations of Bev Aisbett, you'll free yourself of addiction and enjoy better health, higher levels of energy, dramatically improved body shape and a happier, healthier lifestyle.

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

Do you want to stop drinking alcohol? Are you sick of waking up with yet another hangover? Do you fear your children growing up and following in your footsteps? If you want to quit drinking for good, but don't know where to start, this book is for you! In this book you will discover: How to overcome your fears about quitting and build your confidence Why most people think you are 'abnormal' when you quit? What are your risks in quitting drinking? Can you die from quitting alcohol? Are you an alcoholic? What side-effects and symptoms should you expect? Is recovery for the rest of your life? How can you help your recovery? How to break any habit in your life The four mindsets of quitting drinking What separates Kevin from other teachers in the field of quitting alcohol is his ability to break down complex ideas into a no-nonsense, straight talking, and down to earth

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approach. His up front coaching style is developed around breaking down your alcohol perceptions, rethinking your relationship with alcohol, and its use within our society

### **The Little Book of Quitting**

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 quit instantly, easily, painlessly and permanently. Stop Smoking Now is the new, cutting-edge presentation of the method. Updated and set out in a clear, easy-to-read format, this book makes it simpler than ever before to get free. Allen Carr's Easyway does not rely on willpower as it removes your desire to smoke. It eliminates the fears that keep you hooked and you won't miss cigarettes. It works both for heavy and casual smokers and regardless of how long you've been smoking. There are no gimmicks or scare tactics, you won't put on weight, and you can even smoke when you read. Allen Carr's books have sold over 15 million copies to date in more than 40 different languages and Stop Smoking Now is the newest presentation of the Easyway message, updated for the 21st century but still centred on the world's most effective stop-smoking programme—the tried and tested Easyway method, 'the one that works'. The Allen Carr method has been presented here in a lively,

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informative and streamlined way. This book brings the original Easyway concept bang up do date, incorporating lessons that have been learned from those who teach in the global network of Allen Carr clinics. No one has more experience of helping smokers quit.

### **How to Quit Drinking Without AA, Revised 2nd Edition**

THE SUNDAY TIMES BESTSELLER 'Not remotely preachy' - The Times  
'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying.' - Alice O'Keefe, Guardian 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire Ever sworn off alcohol for a month and found yourself drinking by the 7th? Think there's 'no point' in just one drink? Welcome! There are millions of us. 64% of Brits want to drink less. Catherine Gray was stuck in a hellish whirligig of Drink, Make horrible decisions, Hangover, Repeat. She had her fair share of 'drunk tank' jail cells and topless-in-a-hot-tub misadventures. But this book goes beyond the binges and blackouts to deep-dive into uncharted territory: What happens after you quit drinking? This gripping, heart-breaking and witty book takes us down the rabbit-hole of an alternative reality. A life with zero hangovers, through sober weddings, sex, Christmases and breakups. In The

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Unexpected Joy of Being Sober, Catherine Gray shines a light on society's drink-pushing and talks to top neuroscientists and psychologists about why we drink, delving into the science behind what it does to our brains and bodies. Much more than a tale from the netherworld of addicted drinking, this book is about the escape, and why a sober life can be more intoxicating than you ever imagined. Whether you're a hopelessly devoted drinker, merely sober-curious, or you've already ditched the drink, you will love this book. 'Haunting, admirable and enlightening' - The Pool 'A riveting, raw, yet humorous memoir with actionable advice.' - Annie Grace, author of This Naked Mind 'Like listening to your best friend teach you to be sober. Lighthearted but serious, it's packed with ideas, tools, tips and, most importantly, reasons for living a sober life.'- Eric Zimmer, host of podcast The One You Feed 'Gray's fizzy writing succeeds in making this potentially boring-as-hell subject both engaging and highly seductive' - The Bookseller 'Her exquisitely crafted thoughts on the joys of being sober are not only deeply honest and pragmatic, but she manages to infuse tons of humor. This is a delightful, informative, and compelling read for all those who are sober or seeking sobriety.' - Sasha Tozzi, Huffington Post

**Drink Less in 7 Days**



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Carr offers a startling new view of why we drink and how we can escape the addiction. Only when we step away from the supposed pleasures and understand how we are being duped to believe we are receiving real benefits can we begin to live our lives free from any desire or need for drinking.

### **Your Personal Stop Drinking Plan**

Allen Carr's Easyway method 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. 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, 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 drinker with a positive ending.

### **The Easy Way to Quit Caffeine**

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

## **I Quit!**

This Naked Mind has ignited a movement across the country, helping thousands of people forever change their relationship with 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 they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will

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involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, 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 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 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 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 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 forever inspired and changed." --Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read." --Bernie M., Dublin, Ireland

### **The Only Way to Stop Smoking Permanently**

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Are you still in control of your 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 summary to learn more.

### **The Easy Way to Stop Drinking**

Now complete with daily prompts to 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 habits can be hard without the right tools. This is especially true for alcohol because habits are, by definition, subconscious thought processes. Through her 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. 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 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 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 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 choice.

### **Seven Weeks to Sobriety**

"An intense, complex and disturbing story, bravely and beautifully told. I read *Drunk Mom* with my jaw on the floor, which doesn't happen to me that often." —Lena Dunham Three years after giving up drinking, Jowita Bydlowska found herself throwing back a glass of champagne like it was ginger ale. It was a special occasion: a party celebrating the birth of her first child. It also marked Bydlowska's immediate, full-blown return to crippling alcoholism. In the gritty and sometimes grimly comic tradition of the bestselling memoirs *Lit* by Mary Karr and *Smashed* by Koren Zailckas, *Drunk Mom* is Bydlowska's account of the ways substance abuse took control of her life—the binges and blackouts, the humiliations, the extraordinary risk-taking—as well as

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her fight toward recovery as a young mother. This courageous memoir brilliantly shines a light on the twisted logic of an addicted mind and the powerful, transformative love of one's child. Ultimately it gives hope, especially to those struggling in the same way.

### **Rational Recovery**

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.

### **Ulysses**

The Easyway method is as successful for women as it is for men, but many of the issues are perceived differently by women - as their questions in Easyway sessions reveal - and particular difficulties face women who want to quit the habit. Drawing on years of experience at Easyway clinics, this classic work examines these difficulties - engagin

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