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Takeaways from Allen Carr's The Easy Way to Stop Smoking ~~Chapter 1~~  
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Allen Carr (1934-2006) was a chain-smoker for over 30 years. In 1983, after countless failed attempts to quit, he went from 100 cigarettes a day to zero without suffering withdrawal pangs, without using willpower and without putting on weight.

~~Allen Carr's Get Out of Debt Now: The Easy Way (Allen Carr ...~~

Allen Carr (1934-2006) was a chain-smoker for over 30 years. In 1983,

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after countless failed attempts to quit, he went from 100 cigarettes a day to zero without suffering withdrawal pangs, without using willpower and without putting on weight.

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Allen Carr's Get Out of Debt Now applies Allen Carr's Easyway method to the problem of debt and the addiction to spending. It starts by addressing the various psychological attitudes to money and spending that lead to debt.

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Over the last 30 years Allen Carr's Easyway have helped an estimated 50 million people in over 50 countries worldwide to be free. We can help you

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too. In debt, paying it all off, getting in debt, paying it all off etc etc. Bringing it all together in the forefront of my mind has helped me accept that I am in debt and I am now getting out of it.

### ~~Easyway to Get Out of Debt Seminars —Allen Carr~~

Allen Carr's Get Out of Debt Now applies Allen Carr's Easyway method to the problem of debt and the addiction to spending. It starts by addressing the various psychological attitudes to money and spending that lead to debt.

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Allen Carr's Easyway to Stop Smoking remains an international bestseller, selling over 15 million books in more than 38 different languages.

Subsequent publications applied the same simple logic to alcohol, drugs, weight-loss, caffeine, sugar, gambling, debt and even fear of flying. Sadly, Allen Carr died on 29th November 2006.

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## ~~About Allen Carr's Easyway & The Method~~

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Smokers following Allen Carr's Easyway were about 6 times more likely to be abstinent, assessed after 13 months, compared to similar smokers in the general population. Dijkstra, A., Zuidema, R., Vos, D., Van

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Kalken, M., The effectiveness of the Allen Carr smoking cessation training in companies tested in a quasi-experimental design.

## ~~Allen Carr's Easyway | Set Yourself Free~~

3.93 · Rating details · 29 ratings · 4 reviews. Allen Carr's Get Out of Debt Now applies Allen Carr's Easyway method to the problem of debt and the addiction to spending. It starts by addressing the various psychological attitudes to money and spending that lead to debt. By unravelling the brainwashing instilled by the banking and credit industries, it adjusts our mindset to show what really gives us pleasure in life.

## ~~Get Out of Debt Now: The Easy Way by Allen Carr~~

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The Allen Carr's Easyway to Stop Smoking books are by far the biggest selling and most successful year in and year out over the last 30 years.

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However, seminars are by far the most effective way of stopping – hence why Allen Carr's Easyway to Stop Smoking are able to offer the unique money back guarantee.

### ~~How to Stop Smoking – Top Tips & Best Ways | Allen Carr~~

Similarly I have really struggled with alcohol, binge drinking and using it as a tool to get myself out of problems but little did I know that really it caused more problems than I really knew. I came across Allen Carr via google and then read the book. Then signed up for the course. Really easy way of flipping how you view alcohol. Not like AA.

### ~~Easyway to Stop Drinking Alcohol ... Allen Carr's Easyway~~

Allen Carr's Get Out of Debt Now applies Allen Carr's Easyway method

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to the problem of debt and the addiction to spending. It starts by addressing the various psychological attitudes to money and spending that lead to debt.

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Allen Carr's Easyway method has been clinically proven in two randomised controlled trials. The results show it to be as good as, if not better than the UK's gold standard NHS 1-1 Stop Smoking Service 1 and almost twice as effective as the Irish Governments Quit.ie service 2. It does not require the use of any drugs or nicotine products.

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