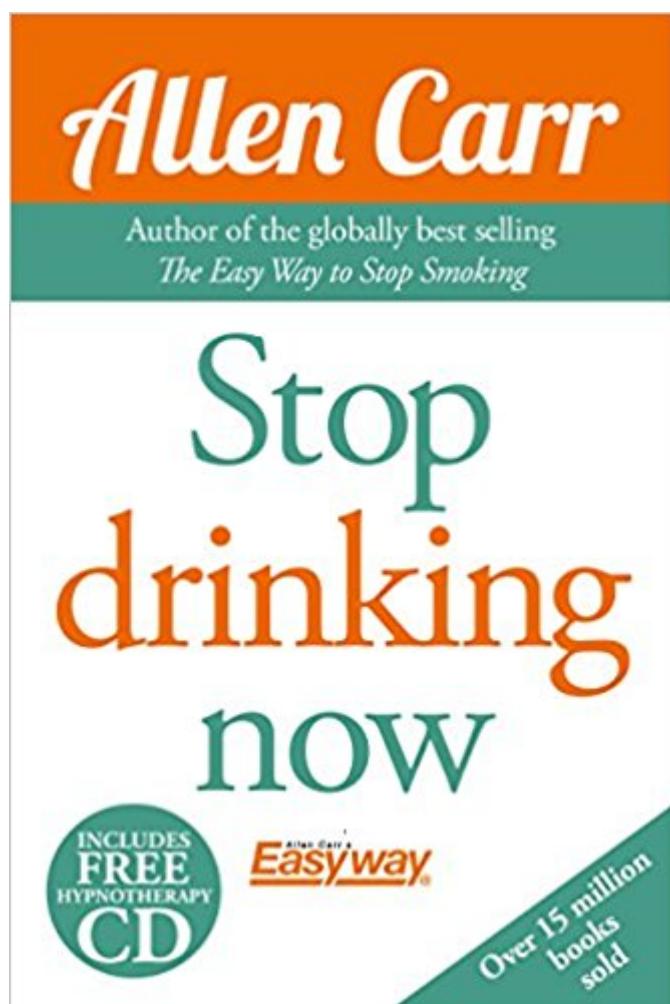


The book was found

Stop Drinking Now



Synopsis

A fresh take on the Allen Carr method with all-new text. Includes free 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 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, 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 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 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.

Book Information

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Customer Reviews

Allen Carr was a chain-smoker, who used to get through a hundred cigarettes a day until he discovered the Easyway to Stop Smoking in 1983. His method involves a psychological reappraisal of why people smoke as well as understanding the subtle and pervasive nicotine trap and how it works. No other method has ever been as successful in getting smokers to quit.

To be clear, I have nothing invested in whether you buy or read this book other than the desire to share with the world the freedom that I now feel from no longer requiring nor desiring alcohol in my

life. You think it's going to be hard, that you will feel deprived, well something just clicked for me while reading this book. Without thinking about it, after 22+ years of drinking every night, I just decided to stop. I have absolutely no desire to take another drink. Yes, there is a little anxiety around stopping because it was so much a part of my life, but now I'm looking forward to seeing what life will be like without being a slave to alcohol. I felt powerless to quit for so many reasons all the while knowing I needed to. The constant battle with drink is exhausting. Every attempt to "control" my drinking just turned into a constant battle of how much and when and how often. I was consumed with thinking about drinking 24/7 and stuck and utterly powerless to do anything about it. I didn't want to do it anymore but I really did feel powerless to stop. Why did I keep doing the same thing? A chain smoking friend of mine suddenly dropped her ciggs like a hot rock after reading Allen's Easyway to Quit Smoking, I thought there might be something to this. While browsing the Easyway to quit smoking I came across this title. I've known for a while that I couldn't go on the way I have been, enough was enough, but how would I stop. There is something to be said about the moment you find clarity, when it's revealed to you that you are a rat in a maze and the maze is the booze and I have been running around like a rat since the first time I tasted it. None of my friends or family know the degree of the struggle that I have gone through. I've even been able to hide it from those closest to me and that too has been exhausting. But I no longer have to worry about any of it, because I made a choice not to drink. The book just has a way of getting you to this place. It's not too good to be true. I read the reviews and though the same thing. "Yeah, right.. How could this be true?" If you read this book with an open mind and at least somewhat sober and truly take in what it is saying, you can't help but see the truth behind all of the lies alcohol has been telling you for years. I don't know about you but I don't like being lied to. Now I am left to find fulfillment in the "real world" instead of the dead end at the bottom of a bottle. Wishing you all the best.

This book changed my life!!!! I have stopped drinking completely with this method. I reached 57 days of sobriety as of today. This book is easy to read, immediately applicable, and will move your life in the most positive direction.

A few months ago I was diagnosed with stage 3 liver fibrosis. That means the liver has developed scarring and bridges between the scarring, limiting the liver's function. It is manageable and even reversible. For those that don't know, stage 4 is called Cirrhosis. Stage 4 is when you have reached the point of no return and your liver will slowly die off (in a nutshell). Before my diagnosis, i'd never even considered quitting the booze. Even after my diagnosis I spent more time rationalizing alcohol

intake than focusing on my health. "How much can I get away with? What if I only drink beer? What if I cut back to only 1 binge per week?" Were the questions running through my mind. I panicked once I realized, No, I have to quit. Luckily, on an unrelated conversation an aquantance mentioned his success with Allen Carr's "Easy way to stop smoking". I quit smoking over 5 years ago and I was "comparing notes" on the method I used to quit and this Allen carr's method. A google search soon led me to this book.I had my last beer on Sunday, January 24th and began reading this book on the 28th. I never looked back. I am down 25 lbs and my liver conditon has already neutralized and is on the road to healing. This book may have saved my life. I don't know how it works. It claims to remove brainwashing, its probably a brainwash of its own, but welcomed. As a hard drinker for 20 plus years I am finally enjoying life sober.Again, I never wanted to quit drinking. Even after my diagnosis, i was trying to find ways to keep alcohol in my lifestyle. This book fixed that for me. I recommend this to anyone who needs to make the change.

I am an addiction counselor/coach and this is an amazing book that has helped so many of my clients. If you want to know the truth about alcohol and the effects on our bodies, please read this book. We use alcohol because we want to connect socially, and in reality, it keeps us disconnected from ourselves, others and Life itself.

I ordered this book last year, and began reading it immediately. I was at the point that I feared dying from some alcohol related cause. I'd been in and out of AA through the courts, but wasn't gungho about the work involved in the steps. I had been able to cut back to drinking once or twice a week (but very heavily), and could never be around friends drinking without having an extremely intense urge and anxiety to drink. This book is written very simply, and is repetitive, but it instilled a different perspective of alcohol in me. I never finished the book, I haven't found the need. The first couple of times I hung out with people drinking the urge was still there, but I knew that alcohol was just an addictive poison. I haven't had a drink since starting the book last November (almost 10 months ago), and now I can hang out with those I use to drink with without feeling any temptation or fear I'll be overpowered by impulse. Thank you

Nothing short of phenomenal! This changed my whole outlook on drinking - a habit I have suffered with for way too many years. It is a simple but highly effective approach to breaking the habit and all of the assorted "cravings" I am not missing my drinking life and can now confidently state that I am a non-drinker!! Well done and many thanks!

Guess I was ready to quit, as I couldn't put the book down. Not only do I feel free from alcohol, I'm planning on going to a party at a bar tomorrow and already look forward to having a good time without drinking! I feel relieved, not like I've sacrificed. Highly recommend, if you're ready...

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