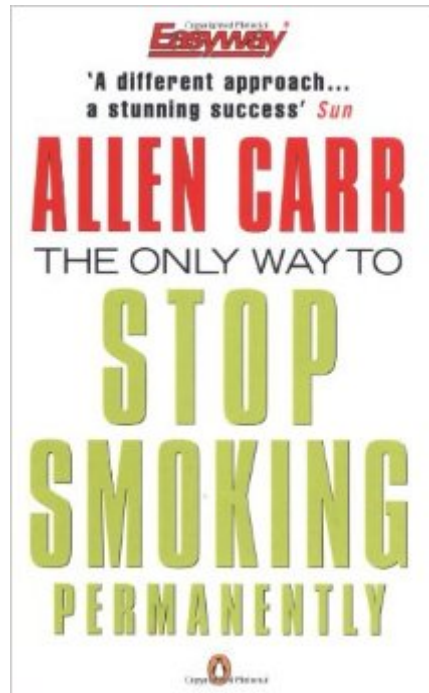


The book was found

Only Way To Stop Smoking Permanently (Penguin Health Care & Fitness)



Synopsis

This is a companion volume to "Allen Carr's Easy Way to Stop Smoking".

Book Information

Series: Penguin Health Care & Fitness

Paperback: 480 pages

Publisher: Penguin UK (February 8, 2000)

Language: English

ISBN-10: 0140244751

ISBN-13: 978-0140244755

Product Dimensions: 5.1 x 1.1 x 7.8 inches

Shipping Weight: 11.4 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (70 customer reviews)

Best Sellers Rank: #164,167 in Books (See Top 100 in Books) #29 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking](#)

Customer Reviews

I actually bought both books :-)

The easyway one and the onlyway one. The onlyway is quite a bit longer and more of a narrative style. For some reason the onlyway got through to me whereas the easyway book didn't. Bear in mind that both books are about the easyway to stop smoking. I'm now a happy (seriously) non smoker. Really this is totally different to trying to give up cigarettes using willpower. If you have a rational mind you will appreciate his methods :-)

Yeah it worked, and the important thing, which people seem to miss, is not the "smoking is bad for you" message (which he largely ignores), but the fact that he wants you to smoke while reading it. No risk smoke-lovers, keep smoking. I smoked more in my last week of reading this book than ever before, then I quit, no problem, never a craving. Done. Not a bad read either. 10 years as a non-smoker and counting

I bought this book on the recommendation from a friend. I was about 1/4 way through it when my girlfriend decided to start reading it. she finished it in a day and a half, and instantly proclaimed herself a non-smoker. I read it over the course of a week, but I, too, quit after reading it. It's basically a brain washing motivational type book. It reiterates how awful smoking is, what it does to you, how much it smells, how bad it tastes, etc... Whatever you want to call it, the fact is we both quit after

reading it.

I read this book years ago and it was amazing I bought it again for my friend who is struggling to stop smoking and she doesn't realise how easy it is with this book, no stress, no withdrawal symptoms it's amazing really is easy to stop and your life feels so much better. What do you have to lose you read a book if it works then happy days if it doesn't then no harm done but if you really want to stop and you read this book and take it in you will stop I will put my life on it:-)

This book was the key to my quitting smoking. After 30 years of the vile habit, I had used every method out there to try to quit. Nothing ever stuck until this book. I have been smoke free for over 3 years now with no desire to ever go back. This method was honest to God painless and easy. I was shocked and thrilled. I had a stroke and a heart attack and still couldn't quit until this book helped me. It may well have saved my life.

As a smoker for over 20 years, I never thought I could quit...I could not imagine not needing to smoke. Then my best friend quit and told me about this book she had read which "made it easy". So I got the book and now I too am a happy non-smoker! And it was EASY...no cravings, nothing! I never would have believed it could be so easy and painless. Not only do I feel better physically but my mental outlook has improved 100% too. Within minutes of having the last cigarette, I know that Mr. Carr's method was going to be successful because I had no urge to smoke! Not then and not now! My only suggestion for anyone who wants to use this book to quit is to set aside a couple of days without distractions to really focus on the contents (it's a lot of reading) and then quit. Carr's method requires you to be in a certain "headspace" and it just seems easier to get there by focusing completely on the book.(I started it on Friday night and quit on the following Sunday night.) I should add that I wasn't overly motivated to quit but after reading this book, I was able to stop cold turkey with NO PROBLEM (and I smoked over a pack a day!) I just wish I had read this book years ago! If you are a smoker, try this method, it's easy, cheap (only the cost) of the book and most important, IT WORKS!

If there's a book that changed my life, it is indeed this one! Allen Carr has hit the jackpot I think. I could relate to the entire book and have been through what he has written. I WAS a smoker, and a chain one, might I add, like 25-30 cig. every day for over 13 years and have tried many ways to quit. None worked for more than 6 months. Besides being able to quit, this book has eradicated the

thought of a smoke for nearly a year now. I don't even want to smoke when everyone around me is smoking, and THAT IS AN AMAZING FEELING. Anyone who wants to quit, read the book IN ONE SITTING. I started at 9am and finished by 12 midnight and it worked. So all the best to the would-be non smokers. WELCOME TO MY WORLD !

Disappointed I didn't read this earlier. After 18 years of smoking, I quit even before finishing the book. Months later and still a non-smoker (as I will be forever). No cravings, no side effects.. Just happier, healthier and wealthier.

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