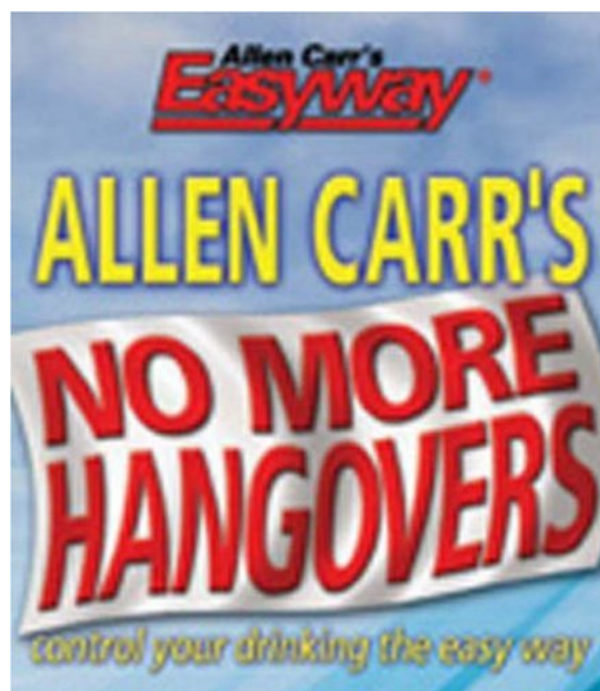
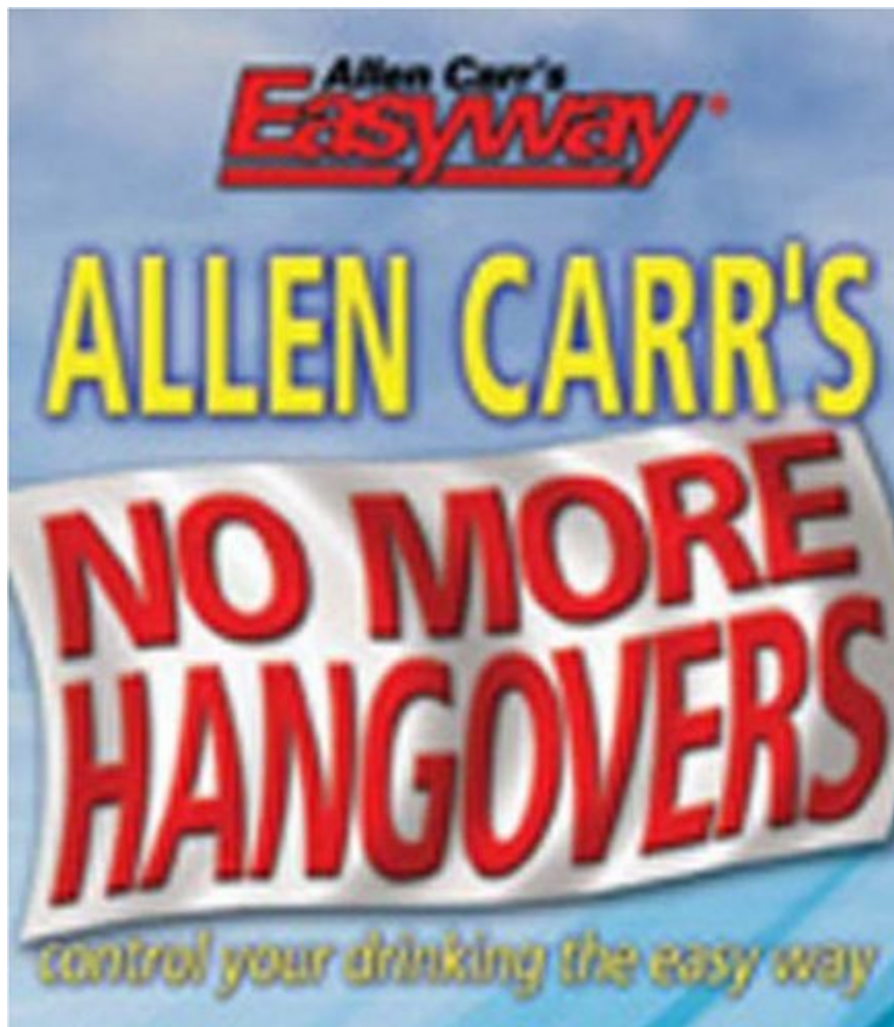


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Allen Carr's Easy way to Stop Smoking has helped millions of smokers to quit. In No More Hangovers Allen turns his common sense approach to drinking. Using examples from his own experience, one by one Allen demolishes all the myths that surround the subject of alcohol. Regardless of the amount you drink, this little book will enable you to enjoy social occasions more and leave you better equipped to handle stress

- No scare tactics
 - No need to feel deprived
 - Changes the way you think about alcohol
 - You need never have another hangover
-
- Sales Rank: #3636532 in Books
 - Published on: 2005-03-01
 - Original language: English
 - Number of items: 1
 - Dimensions: .43" h x 5.87" w x 5.08" l,
 - Binding: Paperback
 - 128 pages

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23 of 23 people found the following review helpful.

Easyway works

By Nancy D.

I've never been a drinker my whole entire life until recently. In my 40s, a successful businesswoman and mother of 3, I started drinking in the evenings "to relieve stress from my job." Soon, 1 became 2, then 2 became 3, and so on until I was drinking at least a bottle of wine every night, sometimes more. I knew I had developed a terrible habit. I could no longer imagine my life without alcohol. I truly felt I was receiving a benefit from consuming it, that it was making me happy and relieving my stress. Then the next day, I would feel sick and bleary-eyed, and went to work with a hangover many many times! The schizophrenia of part of my brain wanting a drink, and another part knowing I shouldn't, made it impossible to quit or even cut down by using Willpower. I read a few books about alcoholism, and I found this one for the Kindle. The name Easyway method sounded kind of hokey, so I was pretty skeptical. I resisted the urge to skip to the last chapters where the author explains the Easyway steps to quitting. It is absolutely necessary to read all the chapters leading up to these instructions! I used the highlight and bookmark features of the Kindle a lot. I have returned to re-read these parts many times. I would have to say that I no longer have any desire to have a drink, at any time. I now see it for what it is, a poison with absolutely no benefits than those that exist in the drinker's mind. And many, many, many devastating effects.

I highly recommend this book to anyone who feels his or her drinking has gotten out of control; that you no

longer have control over your drinking! Just like a reviewer for the paperback edition, I too find it very beneficial to re-read the parts of the book that speak to me, and keep reviewing my highlighted passages. I am happy to be back to my pre-drinking status (where I didn't need alcohol for stress or happiness to begin with!)

0 of 0 people found the following review helpful.

Inspiring

By Eva V.

Inspiring and well written!

9 of 9 people found the following review helpful.

Great!

By Dan

I read up to the last chapter of Allen Carr's Easy Way to Control Alcohol (a more fleshed out version of this book), but wasn't feeling 100% positive about it before having my final drink, and thought I had maybe missed a point.

I started rereading the book, but it's too painful a read, but remembered seeing this in the bookstore, and that it was significantly shorter read.

I paid the \$4, got it wirelessly delivered to my kindle and could read it in one sitting. By the end of it I felt as fantastic as I felt at the Easyway to Quit Smoking seminar, and knew that I had 'got it'.

I strongly recommend getting this book, especially if you are having difficulties with the Easy Way to Control Alcohol. I found it far easier to read.

I have no desire to ever drink again, and I have this book to thank!

See all 12 customer reviews...

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