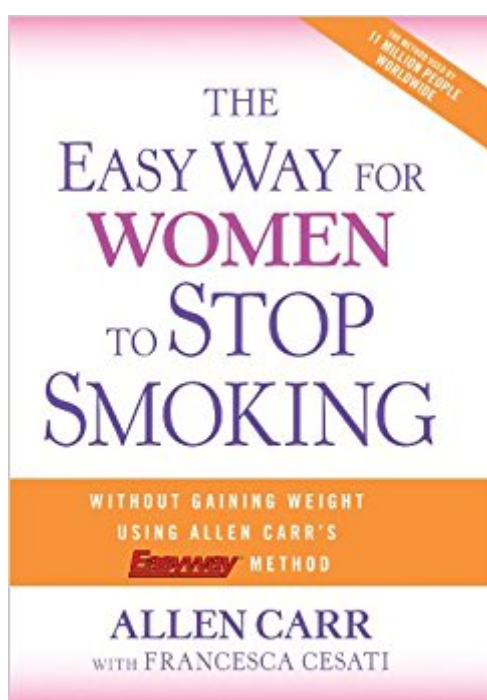


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# The Easy Way For Women To Stop Smoking: A Revolutionary Approach Using Allen Carr's Easyway® Method



## Synopsis

Now women can kick the cigarette habit, too, using a version of Allen Carr's revolutionary Easyway (TM) Method created expressly for them. Carr's The Easy Way to Stop Smoking sold nine million copies worldwide; his method succeeds because it helps smokers eliminate the psychological craving for a cigarette even before they throw away that last pack. Filled with inspiring stories and quotes from real women who have battled nicotine addiction, this follow-up addresses the unique difficulties females face when they decide to quit. Carr and Francesca Cesati focus on those issues of special concern to women, such as weight gain, increased stress, and smoking during pregnancy; making this the perfect gift for any woman who lights up and wants to stop.

## Book Information

Hardcover: 288 pages

Publisher: Sterling (January 5, 2010)

Language: English

ISBN-10: 1402765509

ISBN-13: 978-1402765506

Product Dimensions: 9.5 x 6.5 x 1 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.3 out of 5 stars 291 customer reviews

Best Sellers Rank: #204,228 in Books (See Top 100 in Books) #35 in Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #17968 in Books > Self-Help

## Customer Reviews

Allen Carr was an accountant and smoked 100 cigarettes a day until he gave up and wrote this bestselling book. He has built a hugely successful network of stop-smoking clinics across the world and is the author of The Only Way to Stop Smoking, How to Stop Your Child Smoking, The Easy Way to Enjoy Flying and The Easyweigh to Lose Weight. In 2004 Allen published his bestselling autobiography Packing It In (Michael Joseph). He was diagnosed with lung cancer in the summer of 2006 and died in November of the same year. It seems likely that the years he spent curing smokers in smoke-filled sessions at his clinics must have contributed to this illness, but Allen Carr remained positive; "Given that I am informed that I have cured at least 10 million smokers on a conservative estimation, it's a price worth paying."

I read this book on a trip to Florida in July of 2014 and I haven't smoked since. It was something to do on the flight there and back. When I got home to smoke my celebration cigarette, I took one puff and threw it away. I didn't even want it. I haven't smoked since! It's insane to think reading a book can make it easy to quit smoking but it did. If you can read, you can do this!

Excellent book. I read his first book and quit smoking before I finished. I then read and now keep this one with me for moments of weakness. There's so much involved in quitting smoking besides putting out the last cigarette, and women's reasons to smoke differ from men's. I've not smoked in 2 months now. The longest I've gone in 25 yrs. I contribute most of my success to the Allen Carr books. Worth every dime spent and minute reading, they're love changing. In the best way. Read it. You will never regret it. And good luck in becoming an ex smoker.

Amazing! I finished the book, and my last smoke exactly 7 days ago. I know I have quit for good this time and I have this book to thank. Allen Carr really helps change your mind about smoking. I highly recommend this book to anyone with the desire to quit smoking.

Awesome. Had to quit and didn't really wanted to. Thought I would give the book a try. Quit when I finished reading two months ago and still haven't had another cigarette. The most impressive thing I think the book addresses is I didn't have that frantic, gotta have one feeling. I just don't feel that at all. I highly recommend

I was the most skeptical person out there.. I, as a housewife, and mother of 2 (soon to be 4!) had used every excuse to NOT STOP SMOKING. I found out I was pregnant with twins and even then could not kick the habit. I would make the conscious decision to quit and about 6 hours later I was loading my toddler in her car seat and rushing as quickly as I could to the nearest gas station. I HAD TO smoke. I bought this book to read over the weekend and finished it Sunday evening. It is now Tuesday (10am) and I have not been frantically looking for a nicotine fix. In all honesty I haven't really thought about smoking at all! I explained this "magic" book to my mom with an analogy. Do you remember being in algebra class in highschool? The teacher could explain how to solve a problem a million times over and maybe you still didn't understand? But then some godsend person (classmate, teachers assistant, maybe even a substitute teacher) came in and explained it in an entirely different way and all of a sudden it clicked?? That is this book. The godsend person who will change your whole views on smoking! So much that you won't even think about smoking after your

last cigarette!

I think like most people I read this on the recommendation of a friend. I know some of the reviews try to explain how the book does it and I wish they wouldn't. You can't explain it and shouldn't try. I've been smoking since I was 16 and was terrified of quitting. The few times I had tried to quit in the past had convinced me that if I could ever succeed, the best I could hope for was healthy misery. I am skeptical about everything and there's no way I would have tried it except for the people I knew who used it were just as addicted as me. It's only been 4 days for me so far but they are 4 wonderful days. No misery and it's like a miracle. I would have sworn that reading a book could never do this but in the end I knew I had nothing to lose by trying it except a habit that was killing me.

I am on day 19 of being a non smoker. I loved the book and it is easy to read. I am a sensible person and I understood everything the book was telling me about smoking. I think the book would work well for people with a positive attitude or at least the ability to be positive about aspects in their life. As a stressed out single mother of 3 I have a hard time with that positive attitude stuff. I do not intend to smoke again and I think the book did help a lot. But, it was not as easy as Allen made it sound and I never did experience the euphoric feeling that he promised would happen. The thing that really worked for me was just overloading myself with tools to help stop. Reading the book, listening to hypnosis videos on youtube at bedtime and trolling blogs on quit smoking websites.

I ordered this book three years ago and was amazed how easy it was. I'd tried quitting using every trick/way known to man, knew every reason why I should not smoke but continued anyhow even though it was affecting my health. It was fear that kept me there but this small book (220 pages) only required me to read it with an open mind and continue to smoke while reading it, I could do that! They say it takes NO WILLPOWER to quit and it didn't but I figured out where the willpower really comes in, its finishing the book! Not that it's boring but you'll start to feel like you can quit already but don't stop reading the end of the book is the best part. I've bought many copies for friends and family, spoke to my healthcare providers one of which actually has the book available to her patients because she's seen it work too! If you've ever thought about what life would be like without a cigarette or even if you haven't this book is a must read if you smoke! Like Allen Carr says "The worst that can happen is you'll remain a smoker!" but you HAVE TO READ the WHOLE 220 PAGES! If you're a woman I highly recommend this edition "For Women". I've read both the regular Easy Way (gratefully after the women's) but this one really related to women's issues!

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