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Allen Carr's The Little Book Of Quitting



THE LITTLE BOOK OF **QUITTING**

ALLEN CARR

By the author of the internationally bestselling
EASYWAY TO STOP SMOKING



Synopsis

Allen Carr is recognised as the world's leading expert on helping smokers to quit. Allen's unique method has enabled millions of smokers to stop easily, painlessly and permanently. It works without the need for willpower by removing the feeling of deprivation. There are no scare tactics and you won't gain weight. Containing over 100 inspirational and memorable phrases, The Little Book of Quitting is the perfect book to reinforce Allen's successful message.

Book Information

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Substance Abuse

Customer Reviews

allen carr achieved his goal of helping people see their tobacco use in a way that allowed them to stop using without fear of suffering or failure. he wrote two books about the easyway program he created. the first one, published in the UK was a thick softcover over 600 pages long and full of information, perhaps too much information for someone like me. His second and more well known work, quit smoking the easy way, is more focused and somewhere between 150 and 200 pages I think. this slim volume which I have owned in hardcover before, is just perfect for reviewing the

basic ideas and philosophy of allen carr's program. If you want to have his ideas on hand to review and reinforce whatever you are doing in relation to tobacco, pick up a copy. It's like the cliff notes for his ideas.

Excellent book for anyone wanting, needing to quit the disgusting habit of smoking. This book worked like magic at getting me and two friends to give up the nasty vice. It does so by repeating over and over the reasons why smoking is gross, expensive and completely pointless. The book even allows you to continue to smoke while reading it, with the golden rule being that you actually FINISH the book because that's when the magic happens and the urge to ruin your health by smoking dissipates forever. It took me three times if starting and stopping before I finally read the book fully, and since then I'm no longer spending over \$10(!) a pack.

Still working on it as he says in this book, but seeing really good and sensible reasons for quitting-just buy it and try it-recommend highly :-)

I quit smoking after reading the book, after about 30 years or so... so it gets 5 stars in my rating system :)

I have been able to quit with this little book. I have given up nothing but gained immense freedom. It is so good to be a non smoker!

This book is amazing. It points out things a smoker just doesn't realize. Makes it simple to quit.

good short read, I would suggest main book first though and keep this as a cheat sheet

Bought this for a friend who needed to stop smoking. It turned her head around and after 50 years, she has had the confidence to stop. I know this sounds totally made-up, but it's true.

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