



TOP 10 TIPS

TO QUIT SMOKING

1



Make your home and vehicle(s) smoke-free zones. This will protect your loved ones from second- or third-hand smoke and make quitting easier.

2



Seek support from a program or a healthcare provider to increase your odds of quitting for good.

3



Try medication to quit smoking. Speak to your healthcare provider about your medication options to quit smoking. Medications can double or even triple your chances of success, so make sure to take your medication every day.

4



Always wait five minutes before giving into a craving. Distract yourself during that time, because cravings often pass within five minutes.

5



Plan for cravings and make changes to your routine. If you know you always smoke in the same place and at the same time every day, change up your routine and plan to do things differently.

6



Keep tobacco products out of reach or outside. The more inconvenient or difficult it is to smoke, the easier the decision will be to wait five minutes and distract yourself, allowing the craving to pass.

7



Start learning how to manage your stress. Stress is a big obstacle many people face when quitting. Try different relaxation techniques, such as deep breathing or doing a hobby you enjoy, to take your mind off the stress.

8



Create a list of ways to distract yourself. Having a list of distractions handy will make it easier to distract yourself instead of smoking.

9



Put money aside to reward yourself. Figure out how much you will save once you've quit, then use that money to reward yourself for all your hard work.

10



Seek support from your loved ones and let them know what type of support you'll need as you attempt to quit. It's important to tell them if you want more or less support, so they don't unknowingly add more pressure.

Easy Way To Stop Smoking

Allen Carr



Easy Way To Stop Smoking:

The Easy Way to Stop Smoking Allen Carr, 2004 The author offers a step by step approach to stop smoking without the use of nicotine substitutes

Allen Carr's Easy Way to Stop Smoking Allen Carr, 2011-11-17 THE WORLD S BEST SELLING STOP SMOKING BOOK OF ALL TIME Allen Carr s Easy Way to Stop Smoking is a self help classic It has been a 1 bestseller in nine countries and has outsold all other quit smoking books combined This seminal book has enabled millions of smokers to quit easily and enjoyably using Allen Carr s simple drug free approach This edition has been developed specifically for smokers in the US Using the clinically proven Easyway method this book removes the desire to smoke altogether without willpower or sacrifice Read it now to become a happy non smoker for the rest of your life No weight gain no willpower no withdrawal Removes the psychological need to smoke as you smoke No fear of living life without your little friend Feel great from the minute you put out your final cigarette What people say about Allen Carr s Easyway method If you want to quit it s called the Easyway Ellen DeGeneres Allen Carr s international bestseller has helped countless people quit Time Out New York I read this book and quit smoking instantly Nikki Glaser

Allen Carr's Illustrated Easy Way for Women to Stop Smoking Allen Carr, Bev Aisbett, 2008 Allen Carr and Bev Aisbett present a humorous comfort zone for smokers This book been designed to appeal to smokers who have failed to quit as well as non smokers who want a loved one to stop smoking for good

The Easy Way to Stop Smoking Allen Carr, 1985-05-16 If you follow my instructions you will be a happy non smoker for the rest of your life That s a strong claim from Allen Carr but as the world s leading quit smoking expert Allen was right to boast This classic guide to the world s most successful stop smoking method is all you need to give up smoking You can even smoke while you read There are no scare tactics you will not gain weight and stopping will not feel like deprivation If you want to kick the habit then go for it Allen Carr has helped millions of people become happy non smokers His unique method removes your psychological dependence on cigarettes and literally sets you free Praise for Allen Carr s Easyway I would be happy to give a medical endorsement of the method to anyone Dr PM Bray MB CH b MRCP Allen Carr explodes the myth that giving up smoking is difficult The Times A different approach A stunning success The Sun The Allen Carr method is totally unique GQ Magazine His method is absolutely unique removing the dependence on cigarettes while you are actually smoking Richard Branson I found it not only easy but unbelievably enjoyable to stay stopped Sir Anthony Hopkins

Allen Carr's Easy Way to Quit Smoking Without Willpower - Includes Quit Vaping Allen Carr, John Dicey, 2018-07-31 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE This book is the most up to date cutting edge best practice version of Allen Carr s Easyway to Stop Smoking method that will not only set you free from smoking but will also insure that you find it easy and even enjoyable to quit Whether you smoke cigarettes vape or use any other nicotine product this method will work perfectly for you Without using willpower aids substitutes or gimmicks Without gaining weight Without suffering anxiety depression or unpleasant withdrawal symptoms This book is

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The Illustrated Easy Way for Women to Stop Smoking Allen Carr,2007-05-15 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE The Easyway method is as successful for women as it is for men but many of the issues are perceived differently by women as their questions in Easyway sessions reveal and particular difficulties face women who want to quit the habit In The Illustrated Easy Way to Women to Stop Smoking Allen Carr debunks the myths about smoking and shows you the way to beat your addiction This book can enable any woman to escape the nicotine trap easily and painlessly without putting on weight With the brilliant writing skills and illustrations of Bev Aisbett this handy pocket book is presented here in a truly refreshing accessible dynamic and enjoyable way Allen Carr has helped cure millions of smokers worldwide and he can do the same for you His books have sold over 15 million copies worldwide and read by an estimated 40 million people while countless more have been helped to quit through his network of clinics This phenomenal success has been achieved not through advertising or marketing but through the personal recommendations of the ex smokers who ve quit with the method Allen Carr s Easyway has spread all over the world for one reason alone BECAUSE IT WORKS What women say about Allen Carr s Easyway method If you want to quit it s called the

Easyway to Stop Smoking I m so glad I stopped Ellen De Generes Allen Carr s Easy Way to Stop Smoking Program achieved for me a thing that I thought was not possible to give up a thirty year smoking habit literally overnight It was nothing short of a miracle Anjelica Huston It s the only method that works Thank you Ruby Wax

The Easy Way to Stop Drinking Allen Carr,2005 Carr offers a startling new view of why we drink and how we can escape the addiction Only when we step away from the supposed pleasures and understand how we are being duped to believe we are receiving real benefits can we begin to live our lives free from any desire or need for drinking

Allen Carr's Easy Way to Quit Vaping Allen Carr,John Dicey,2021-05-01 Allen Carr s Easyway is a global phenomenon a clinically proven and 100% drug free treatment for nicotine addiction First used as an internationally renowned and incredibly successful stop smoking method this cutting edge approach now addresses the fastest growing nicotine delivery system in the world vaping The Easyway method tackles addiction from an entirely different angle Rather than employing scare tactics and enforcing painful restrictions on your vaping habits it unravels the cognitive brainwashing behind your addictive behavior In this way it removes the desire to vape altogether without willpower or sacrifice Whether you use e cigarettes JUUL tanks or pens or any kind of mod or pod this method will work for you All you have to do is read this book in its entirety follow all of the instructions and you will be set free from your addiction to nicotine Does not rely on willpower aids substitutes or gimmicks Works without unpleasant withdrawal symptoms Clinically proven to be AT LEAST as effective as UK health service s Gold Standard Stop Smoking Service What people say about Allen Carr s Easyway method Allen Carr s international bestseller has helped countless people quit Time Out New York I read this book and quit smoking instantly Nikki Glaser The Allen Carr program was nothing short of a miracle Anjelica Huston It was such a revelation that instantly I was freed from my addiction Sir Anthony Hopkins His skill is in removing the psychological dependence The Sunday Times

Allen Carr: The Easy Way to Quit Cannabis Allen Carr,John Dicey,2022-01-01 Do you feel trapped by your addiction to cannabis Is your motivation and lust for life being sapped by an obsession with your next joint If so then this book is for you Allen Carr s Easyway method is a global phenomenon a clinically proven and 100% drug free treatment for nicotine addiction This book applies that tried and tested method to the problem of marijuana addiction With clear no nonsense guidance this book gives you a structured easy to follow method for getting free from cannabis painlessly and immediately The ingenious thing about the Easyway method is that it doesn t rely on willpower Instead it works by unravelling the cognitive brainwashing behind your addiction This means that you will not only be set free from your cannabis addiction but you will also find it easy and even enjoyable to quit Without using willpower aids substitutes or gimmicks Without envying partners friends or colleagues who use cannabis Without suffering anxiety depression or unpleasant withdrawal symptoms This method is effective for anyone who consumes cannabis in any form including joints bonges edibles capsules vape or other methods Simply read this book and become a happy cannabis free person for the rest of your life What people say about Allen Carr s Easyway method Allen Carr s

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IMMEDIATELY AND PAINLESSLY REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr s Easyway method The Allen Carr program was nothing short of a miracle Anjelica Huston It was such a revelation that instantly I was freed from my addiction Sir Anthony Hopkins His skill is in removing the psychological dependence The Sunday Times [Allen Carr's Easy Way to Better Sleep](#) John Dicey,Allen Carr,2022-09-15 READ THIS BOOK AND SLEEP WELL THE EASY WAY Do you find it hard to switch off at night Do you feel tired all day but when your head hits the pillow it s impossible to sleep Whether it s worrying about work doomscrolling on your phone or overcaffeinating yourself to get through the day modern lifestyle choices are robbing us from the sleep we deserve But how can we break free from the vicious cycle of fatigue and insomnia Allen Carr s Easyway method offers a unique solution This world renowned clinically proven method has helped an estimated 50 million people with their behavioural issues and addictions including smoking alcohol weight control and digital addiction In this book this tried and tested method is applied to sleeping difficulties The beauty of this method is that it DOES NOT RELY ON WILLPOWER It will not ban your phone from your bedside or take away your morning coffee but instead unravel the cognitive brainwashing that has led you to desire the very behaviours that are harming you In this way you will be released from them without feelings of sacrifice or deprivation With clear step by step advice this book will help you form healthy habits and live in tune with your natural sleep cycle so you can get back to that blissful promise of a good night s sleep Do you find that difficult to believe Read this book What people say about Allen Carr s Easyway method A different approach A stunning success The Sun An intelligent and original method Evening Standard This method is as foolproof as it gets Time Out [Quit Smoking Boot Camp](#) Allen Carr,2018-06-05 Short of time Or have you stopped smoking and found it difficult or even impossible to stay stopped If your answer to these questions is yes then this is the book for you even if you ve tried and failed using Allen Carr s method in the past Quit Smoking Boot Camp is a revolutionary and concise version of the world famous Easyway method delivered in short punchy segments to help you quit with the minimum of fuss with minimal effort in a reassuringly regimented and speedy way Four days is all it takes to transform your life We recommend that you read this book over just four days though you might choose to do it in less or even to take a little longer Choose your start date and four days later you can be free It s as simple as that The Easyway Boot Camp will help you change your mindset and quit smoking vaping or using nicotine in any form easily and immediately What people say about Allen Carr s Easyway method The Allen Carr program was nothing short of a miracle Anjelica Huston It was such a revelation that instantly I was freed from my addiction Sir Anthony Hopkins His skill is in removing the psychological dependence The Sunday Times [Easy Way for Women to Stop Smoking](#) Allen Carr,2009 Using a version of Alan Carr s revolutionary Easyway Method created expressly for women Cesati focuses on issues 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 **Easy Way to Stop Smoking** Puneet Sharma,2017-01-15 Quitting smoking is one of the best things you can do for yourself and for those that are important to you

Not only will you feel better than you have in years but you will also be saving your family from the pain and suffering of losing a loved one too soon. Studies say that smoking will shorten your life expectancy by an average of 14 years. Do you really want to lose that much of your life over smoking? The truth of the matter is that you can quit. With the right techniques and strategies, quitting will be easy. The largest hurdle to get over is simply deciding that you want to quit for good and sticking to it. It will be tough but with enough determination and will power you can absolutely quit smoking. Stop Smoking can be much easier with the right strategy and tools. Whether you've only been smoking for a couple of months or for a few decades, you know that nicotine is one of the most addictive substances known to mankind thanks to the millions spent by big tobacco companies to make it that way. The contents of this book will give you all the tools you need to help you quit smoking quickly, easily, cheaply, and forever so that you can live the happy, healthy, smoke-free life you've been dreaming of and deserve. Here is a preview of what you'll learn: How Smoking Plays, Why Is It Difficult to Stop, Why People Smoke, Nicotine Addiction, Why Am I Giving Up, No Smoking Confidence Assessment and Tips, Develop Your Willpower to Quit Smoking, Effects of Smoking on Teenagers and Young Adults, Will I Miss the Cigarette, The Main Reasons for Failure, Smoking Substitutes, Avoid Temptation, The Final Cigarette, Helping a Smoker Quit, Advice to Non-Smokers, Much, much more.

Easyway Express: Stop Smoking and Quit E-Cigarettes Allen Carr, 2014-12-19. READ THIS BOOK FOLLOW THE INSTRUCTIONS AND ENJOY A NICOTINE FREE FUTURE. Allen Carr's Easyway method is the most effective self-help stop smoking method of all time and this book is a super-fast yet comprehensive version of the method. Even better, this book is designed to set you free from any form of nicotine addiction, whether that be cigarettes, e-cigarettes, or any other nicotine product. Praise for Allen Carr's Easyway: If you want to quit, it's called the Easyway to Stop Smoking. I'm so glad I stopped. Ellen DeGeneres. Allen Carr's Easy Way to Stop Smoking Program achieved for me a thing that I thought was not possible to give up a thirty-year smoking habit, literally overnight. It was nothing short of a miracle. Anjelica Huston. Allen Carr explodes the myth that giving up smoking is difficult. The Times. His method is absolutely unique, removing the dependence on cigarettes while you are actually smoking. Richard Branson. I found it not only easy but unbelievably enjoyable to stay stopped. Sir Anthony Hopkins. **The Only Way to Stop Smoking Permanently** Allen Carr, 1995-01-05. Author of the most successful self-help stop smoking method of all time, Allen Carr here further exposes the traps of smoking and provides smokers with the motivation to break free forever. This companion volume to Allen Carr's Stop Smoking Now and Allen Carr's Easy Way to Stop Smoking will help you achieve the right frame of mind to quit. Avoid weight gain. Quit without dependence on rules or gimmicks. Enjoy the freedom and choices that non-smokers have in life. Quit without willpower. Praise for Allen Carr's Easyway: Allen Carr explodes the myth that giving up smoking is difficult. The Times. A different approach. A stunning success. The Sun. The Allen Carr method is totally unique. GQ Magazine. His method is absolutely unique, removing the dependence on cigarettes while you are actually smoking. Richard Branson. I found it not only easy but unbelievably enjoyable to stay stopped. Sir Anthony Hopkins. Allen

Carr's Easy Way to Stop Smoking Allen Carr,2011 The author offers a step by step approach to stop smoking without the use of nicotine substitutes

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