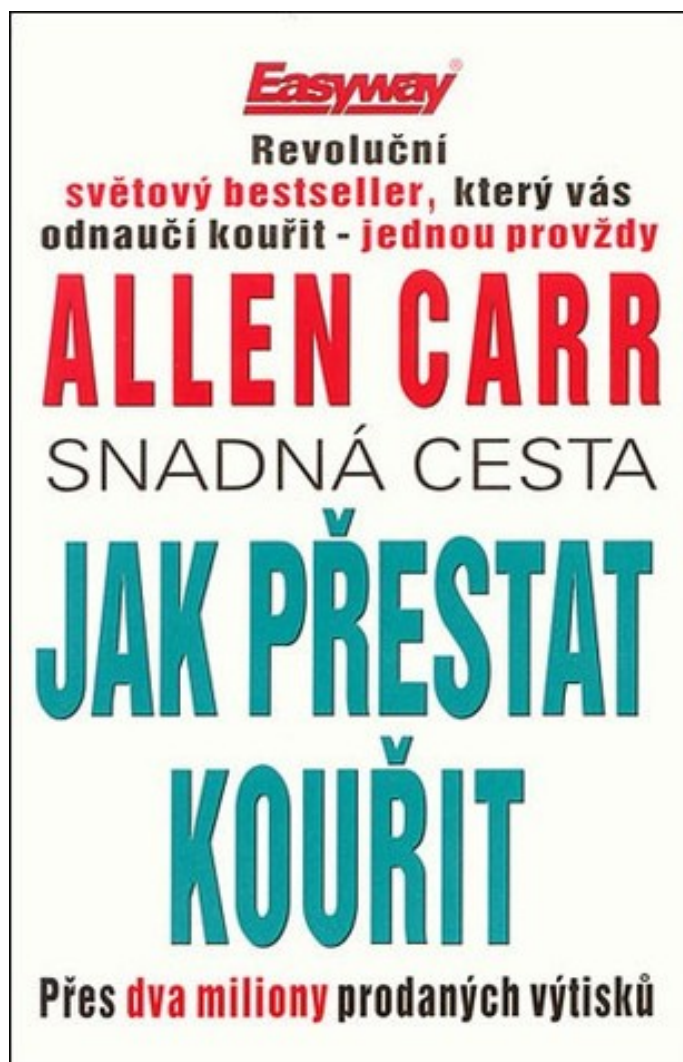

Allen Carr

Snadná cesta jak přestat kouřit



Title: Snadná cesta jak přestat kouřit

Author: Allen Carr

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Description

A new edition of the revolutionary bestseller, with four million copies in print. Allen Carr's innovative Easyway method—which he discovered after his own 100-cigarette-a-day habit nearly drove him to despair—has helped millions kick smoking without feeling anxious and deprived. That's because he helps smokers discover the psychological reasons behind their dependency, explains in detail how to handle the withdrawal symptoms, shows them how to avoid situations when temptation might become too strong, and enables them to stay smoke-free. Carr discusses such issues as nicotine addiction; the social “brainwashing” that encourages smoking; the false belief that a cigarette relieves stress; the role boredom plays in sabotaging efforts to stop; and the main reasons for failure. With this proven program, smokers will be throwing away their packs for good.

Insightful reviews

Fuchsia Sunbeam: It worked! I stopped smoking in December last year because of this book and I have not smoked since. And the best thing about it is that I have not once since then had the desire to smoke.

That's what I always wanted and what I never got in my previous attempts to quit. I felt as though I'd tried everything, so the only solution was to give up on giving up! I didn't want to quit smoking if it meant spending the rest of my life "wanting a cigarette". That would be a torture I wouldn't wish on anyone.

Believe it or not, this book truly works to eliminate that desire to smoke.

I thought I was a die-hard smoker who would never be able to break free. I thought I could never eradicate that "enjoyment" factor and the persistent belief that never doing it again would be intolerable. I was wrong. I am so happy I was finally able to stop. Every time I'm reminded of how I used to smoke I get a genuine thrill of satisfaction that I am not trapped anymore.

I highly recommend persisting with this book, even if you do not believe you will be able to stop.

What the author says is true. If you do not follow the instructions to the letter you will not succeed. To illustrate this point, let me tell you something. I originally started reading this book more than four years ago. I got almost 3/4 of the way through, and I chickened out. Alan Carr tells you in the book that this often happens when people first try to stop by reading this book.

While there are some people who will read the book in a day and stop immediately, some people will read it one page per day, even one paragraph per day, just to put off the inevitable point when they know they will have to have that last cigarette. Please believe me though, it is nowhere near as difficult as you think it will be! In fact it is easy! Just like he says.

the ebook the utmost variety of times, learn it as soon as more, however it didn't work. In Septemeber I learn Malcolm X and notion typically lot of items are attainable for me if I concentration and get learn of the partying and distractions. This time, in early October i purchased the book. I learn it quickly, finishind it on October 15th. at the present time is November 20th, and i am nonetheless a non-smoker. additionally i am convinced this time has labored and i'm going to by no means smoked again. This ebook works i think simply because he systematically breaks down the explanations people who smoke say they smoke, and states why those purposes are invalid and the other is true, that smoking really harms those perceptions. those are the 4 believes he concentrates on: BOREDOM, STRESS, RELAXATION, CONCENTRATION. His guide tells the reader to not stop smoking till the top of the book. this fashion the reader reads a chapter, thinks approximately it, and whilst she or he smokes, is de facto conscious of the issues the writer makes within the book. He states such things as a cigarette isn't any assorted after a meal, or with coffee, that it is a brain trick or seize that the smoker fell into. one other factor he states is that there's no such factor as having fun with a cigarette, that each smoker needs she or he by no means started. when you acknowledged that to an individual smoking in a verbal exchange, they would not listen. yet one way or the other the solitary act of reading, the reader relatively does mull it over, and it does sink in. This is a smart book, since it places humans within the correct state of mind to quit. The needs to vital advice by way of the writer is for individuals to imagine they aren't giving whatever up via quitting yet needs to think about the confident swap that may outcome from quitting. He explains that with the good strength strategy humans consider like whatever they get pleasure from is being taken clear of them. He additionally says that with boredom or stress, that these issues may be the comparable with out cigarettes, the cigarette does not switch your scenario or life. This is excellent for the shortterm, yet for the lengthy term, I suggeest humans purchase a copy. It has a few necessary chapters like if you would like only one cigarette which may support the ex-smoker perhaps even years later. i am exited approximately now not smoking and making existence adjustments together with reducing on ingesting so i will be able to concentrate on studying and writing.

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