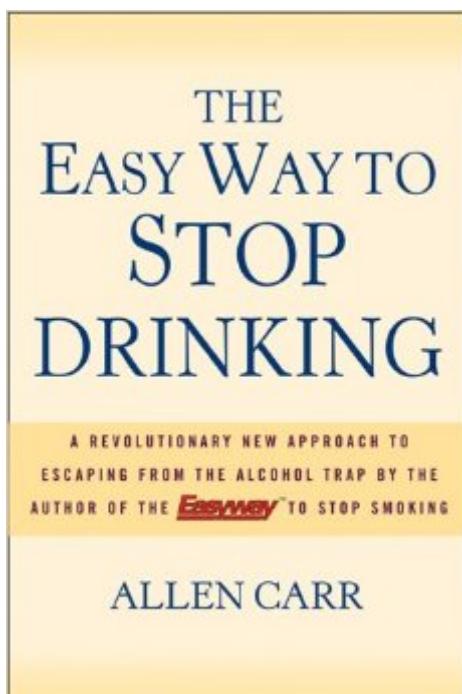


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# The Easy Way To Stop Drinking



## Synopsis

Carr offers a startling new view of why we drink and how we can escape the addiction. Step by step, with devastating clarity and simplicity, he applies the Easyway™ method, dispelling all the illusions that surround the subject of drinking and that can make it almost impossible to imagine a life without alcohol. Only when we step away from all these 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. The Easyway™ method centers on removing the psychological need to drink while the drinker is still drinking. Following the Easyway™: You will not need willpower; You will not feel deprived; You will lose your fear of withdrawal pangs; You will enjoy social occasions more; You will be better equipped to handle stress. The Easy Way to Stop Drinking is a landmark work that offers a simple and painless solution to anyone who wants to escape from dependency on alcohol without feeling deprived.

## Book Information

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## Customer Reviews

I read Allen Carr's Easy Way to Stop Drinking with a critical, but hopeful open mind. I wanted to believe that just by reading this book that he would convince me to give up drinking without regret, and without the need to use willpower. I liked that I didn't have to give up drinking during the book. That gave me some time to put off that dreadful day. I read steadily, but had no desire to finish it in record time. I was always sober when I read it, but always looked forward to my nightly ritual of beer and scotch and falling asleep on the couch. His book really spoke to my personal situation. However, I began to dread getting to the end, but also wanted to get to the end to get the magic instructions. I read the rules to agree by before going on. I wasn't sure I agreed with them 100%. I

tried rereading some chapters that really spoke to me. I read the instructions. They seemed common sense. I didn't think that was going to do it for me. I read the chapter on the final drink. A little disappointed, I went home to have my final drink. I couldn't have just one. I had my usual, and felt the usual in the morning. It sucked. The next day I picked up the book again and started reading. I reread the instructions. I reread some chapters. I kept reading the book, finding a lot of solace in breaking false drinking associations, and reminding myself daily that alcohol ravages time, energy, love, and money. Four things we can never have enough of. I made a habit of reminding myself of how great it is that I am free. I will not mourn the drink, nor envy those who drink. I am wary that I may eventually let my guard down, and enjoy reading a chapter or two again to reinforce my decision.

I found this book exactly two years ago and will be forever grateful that I did. I am a professional with a career, a wife, a mom, a good friend. But I had a big problem. I was trying to control my drinking, and yet would inevitably end up drinking more. I felt awful, guilty, out of control. I tried a few self help methods, but wasn't ready to check into rehab or an AA group. Serendipitously I found Allen Carr's book. I read it, followed it, and stopped cold. It was "easy" in that once I read the book I knew I wouldn't go back, and that I had a tool to refer to when I felt a little shakey at the beginning. But once I had that last drink I was DONE. The book gives you the tools you need to stop and to actually feel great about it. "Easy Way" is not a literary masterpiece, and it's not your typical addiction book. However, its roots are solidly planted in cognitive-behavioral psychology, with lots of common sense ideas sprinkled in. It may not be high-brow, but it makes so much sense. After I stopped drinking, I began to look around at how alcohol and other drugs are viewed and used, as Carr suggests. He states that alcohol is really the last socially acceptable drug, and that even the most casual and responsible drinker is dependent. I started observing my friends, acquaintances and strangers after reading the book, and realized how true this is, as you will if you are willing to look. I've noticed how friends who have to give up alcohol for even a short time miss it terribly. If they are stressed they can't wait to have a drink. This is no accident, but a consequence of using a drug. These are people who don't drink daily, rarely drink more than one or two drinks, and usually have alcohol with meals or socially.

\*\*\*\*\*Update March 4, 2012\*\*\*\*\* I am now 15 weeks drink free. I find I no longer need the book close. Every so often the goblin Carr spoke of appears and tells me I want a drink. I am now able to acknowledge the thought of a drink and then quickly move past it. Carr's method works for me. I no

longer think of myself as a person who used to drink. I am now a person that does not drink and the idea of my drinking past no longer has much meaning. I know I am never going back to that place. Thank you Mr Carr. \*\*\*\*\*Update October 2 2011\*\*\*\*\* Since July I have not wanted a drink and have abstained without issue, but this past week I traveled for a new job. I was away from home and feeling overwhelmed by the new job. To make things worse, the group I work with go out for drinks after work. It was hard. I wanted a drink to allow me to check out of this reality and to make matters worse I have to be around it in a bar. Luckily, I have brought a copy of Allen's book with me. I went back to my hotel room and read the parts that I had marked. Yes, I travel with the book. I felt like I was on the willpower method since I felt like I was deprived. All it took was a quick re-read of the sections on how drinking has not benefits. Once I was reminded, I was back on track. I decided to add this to my comments as I am a firm believer that re-reads are needed so one is reminded often as to the fact that there are no benefits to drinking. None. Society and people who drink will try to convince me otherwise. With Allen Carr's words close at hand and my willingness to read them often, I can say with great happiness, that I am only three months from being a year without a drink!!!!

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