



The Easy Way to Lose Weight

By Allen Carr

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The Easy Way to Lose Weight By Allen Carr

Reading this book is all you need to do to take control of what you eat. There are no scare tactics and eating less will not feel like deprivation; quite the opposite in fact you will feel much happier. The Easyway method removes your psychological dependence on comfort eating and junk food, setting you free to live as you choose. Once learned, the principles can never be unlearned, ensuring that the benefits in health and well-being you experience will be permanent. Lose Weight Now includes a hypnotherapy CD which helps train the mind for healthy eating, avoiding all the feelings of deprivation and frustration involved in diets.

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Editorial Review

About the Author

Allen Carr (1934 2006) was a chain-smoker for over 30 years. In 1983, after countless failed attempts to quit, he went from 100 cigarettes a day to zero without suffering withdrawal pangs, without using willpower and without putting on weight. He realised that he had discovered what the world had been waiting for Allen Carr's Easyway method to stop smoking. The principles of Easyway have been applied to a number of new subject areas, and Easyway now run clinics in countries all around the world.

Users Review

From reader reviews:

Robert Robertson:

Information is provisions for those to get better life, information nowadays can get by anyone at everywhere. The information can be a know-how or any news even a huge concern. What people must be consider if those information which is inside former life are hard to be find than now could be taking seriously which one would work to believe or which one the resource are convinced. If you get the unstable resource then you obtain it as your main information it will have huge disadvantage for you. All of those possibilities will not happen inside you if you take The Easy Way to Lose Weight as your daily resource information.

Carol Benally:

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