

Allen Carr's Easyway to Control Alcohol

By Allen Carr

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Allen Carr established himself as the world's greatest authority on helping people stop smoking and his internationally best-selling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies.In his Easy Way to Control Alcohol Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple, step-by-step instructions, he shows you the way to escape from the "alcohol trap" in the time it takes to read this book.His unique method removes the feeling of deprivation and works without using willpower. Allen dispels our illusions about alcohol, removes the psychological dependence and sets you free to enjoy life to the full.

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