

Easy Way To Control Drinking Allan Carr

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Easy Way To Control Drinking Allan Carr

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HOLMES GATES

Allen Carr's Quit Drinking Without Willpower Arcturus Publishing

Think and act like a moderate drinker with this revolutionary workbook that offers simple before drinking, during drinking and after drinking tips and exercises to control drinking and reduce alcohol craving and consumption. It's not a program, but a drinker-friendly collection of strategies and techniques empowering you to make alcohol less important in your life, conquer alcohol craving, control your thinking while drinking, learn when and how to say no to that next drink, identify your drinking style and how to change it and much more!

Allen Carr's Easy Way to Control Alcohol Sterling Publishing Company, Inc.

Determine if your drinking is a problem, develop strategies for curbing your intake, and measure your progress with this practical, engaging guide to taking care of yourself. Every day, millions of people drink a beer or two while watching a game, shake a cocktail at a party with friends, or enjoy a glass of wine with a good meal. For more than 30 percent of these drinkers, alcohol has begun to have a negative impact on their everyday lives. Yet, only a small number are true alcoholics--people who have completely lost control over their drinking and who need alcohol to function. The great majority are what Dr. Doyle and Dr. Nowinski call "Almost Alcoholics," a growing number of people whose excessive drinking contributes to a variety of problems in their lives. In *Almost Alcoholic*, Dr. Doyle and Dr. Nowinski give the facts and guidance needed to address this often unrecognized and devastating condition. They provide the tools to identify and assess your patterns of alcohol use; evaluate its impact on your relationships, work, and personal well-being; develop strategies and goals for changing the amount and frequency of alcohol use; measure the results of applying these strategies; and make informed decisions about your next steps. *Allen Carr's Easy Way to Stop Smoking* Crown House Publishing Step by step, with devastating clarity and simplicity, he dispels all the illusions that surround the subject of drink and can make it seem impossible to imagine a life without alcohol. He shows us that once we step away from all the imagined pleasures of alcohol and understand how we are duped into believing that we receive real benefits from it, we can lead our lives free from any desire or need for drink.

The Easy Way for Women to Stop Drinking Everest Media LLC

With an easy three-step plan, *Mindful Drinking: How To Break Up With Alcohol* is here to help the 64% of Brits who want to drink less, and cultivate a new, healthy and more mindful relationship with alcohol. You CAN drink less, without giving up! Journalist Rosamund Dean combines scientific expertise with practical advice in a game-changing three step guide: The Problem, The Incentive, and The Plan. By following this guide you will be able to experience the benefits of drinking less - drinking less will improve your mood, your skin, your sex-drive and your body as

well as reduce stress and anxiety. Whether you are sober-curious, or just want to cut down - *Mindful Drinking: How To Break Up With Alcohol* shows not only why you should, but also how you can, in a way that will change your life forever. What readers have been saying about *Mindful Drinking: How to Break Up With Alcohol*: 'Brilliant book; realistic and creating real positive change' 'Would highly recommend for anyone who is concerned about the amount they drink, but doesn't want to completely stop.' 'A brilliantly straightforward and realistic approach to cutting down sensibly.' 'Really broke a cycle for me of just drinking every weekend.'

[How to Stop Drinking Without Willpower](#) Milkyway Media

This *Naked Mind* has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This *Naked Mind* offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This *Naked Mind* will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, *This Naked Mind* will open the door to the life you have been waiting for. "You have given me my live back." —Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed." —Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read." —Bernie M., Dublin, Ireland

[Alcohol and You - 21 Ways to Control and Stop Drinking](#) National Academies Press

Craig Beck (The Stop Drinking Expert) was a well-regarded family man with two children, a lovely home, and a successful media career; a director of several companies, and at one time the trustee of a large children's charity. Craig was a successful and functioning professional man in spite of a 'two bottles of wine a night' drinking habit. For 20 years, he struggled with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed. He tried numerous ways to cut down; attempting 'dry months', banning himself from drinking spirits, only drinking at the weekend and on special occasions (and found that it is astonishing how even the smallest of occasions can suddenly become 'special'). All these 'will-power' based attempts to stop drinking failed (exactly as they were destined to do). Slowly he discovered the truth about alcohol addiction, and one by one, all

the lies he had previously believed started to fall apart. For the first time, he noticed that he genuinely did not want to drink anymore. In this book, he will lead you through the same remarkable process. The Stop Drinking Expert method is unique... * No labels - you are not an alcoholic! * A permanent cure. Not a lifetime struggle. * No embarrassing Alcoholics Anonymous * Forget about expensive rehab. * Zero ineffective willpower required. * No dangerous medication. * Treats the source of the problem, not the symptoms. * 5x more effective than traditional methods. Over the past decade, Craig has become recognized as the world's #1 quit drinking mentor. He has helped over 50,000 people to discover their own happy sober life. www.StopDrinkingExpert.com

Alcohol and Public Policy Arcturus Publishing

READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway is the most successful stop-smoking method of all time. It has helped millions of smokers from all over the world to quit. In *Quit Drinking Without Willpower*, Allen Carr's Easyway method has been applied to problem drinking. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, he shows you how to escape from the alcohol trap. • A unique method that does not require willpower • Removes the desire to drink alcohol • Stop easily, immediately, and painlessly • Regain control of your life What people say about Allen Carr's Easyway method: "I read the book in one day and I never drank again." Nikki Glaser "The Allen Carr program was nothing short of a miracle." Anjelica Huston "His skill is in removing the psychological dependence." *The Sunday Times* "I know so many people who turned their lives around after reading Allen Carr's books." Sir Richard Branson

Quit Drinking Lulu.com

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

Allen Carr's Easy Way for Women to Quit Drinking Johns Hopkins University Press

This book empowers people to tackle their drinking problems and gives them the freedom to do so in a way that fits with their own lifestyles and values.

Allen Carr's Easy Way to Control Alcohol Allen Carr's Easyway Alcohol is a killer—1 of every 13 deaths in the United States is alcohol-related. In addition, 5 percent of the population consumes 50 percent of the alcohol. The authors take a close look at the problem in a "classy little study," as *The Washington Post* called this book. *The Library Journal* states, "...[T]his is one book that addresses solutions....And it's enjoyably readable....This is an excellent review for anyone in the alcoholism prevention business, and good background reading for the interested layperson." *The Washington Post* agrees: the book "...likely will wind up on the bookshelves of counselors, politicians, judges, medical professionals, and law enforcement officials throughout

the country."

Mindful Drinking Arcturus Publishing

This book is useful for anyone who may find that they are drinking too much, for the loved ones of such people, and for clinicians who want to broaden their skills when working with people who struggle with alcohol.

No More Hangovers Arcturus Publishing

READ ALLEN CARR'S EASY WAY TO CONTROL ALCOHOL AND BECOME A HAPPY NON-DRINKER FOR THE REST OF YOUR LIFE. 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 this classic guide, 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. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REMOVES THE PSYCHOLOGICAL NEED TO DRINK • 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 addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." *The Sunday Times*

The Easy Way to Stop Gambling Createspace Independent Publishing Platform

The author offers a step-by-step approach to stop smoking without the use of nicotine substitutes.

How to Stop Drinking Alcohol Arcturus Publishing

Everything you need to know to control or stop drinking alcohol - all in one book. This is practical, scientific advice that you can put to work in your own life right away. It doesn't matter whether you want to reduce your drinking, stop drinking temporarily, or stop permanently, as this book will clarify which option is best for you. The writer is a leading addiction therapist in government-funded services, who has carried out thousands of hours face-to-face research with problem drinkers. This book explains the methods he has found that really work - not just in theory, but in the real world, with real people like you. An Amazon #1 Best Seller, "Alcohol and You" provides essential reading, including: * How to reduce and control your drinking. * How to stop drinking temporarily or permanently. * How to test and self-diagnose alcoholism instantly. * How to build and sustain motivation. * How to choose your method: reduction or detox. * How to do safe alcohol detoxification without rehab. * How to maintain alcohol recovery over time. * Discover prescription drugs that stop alcohol cravings. * Find out if going to Alcoholics Anonymous works. * Find out which therapy is best: CBT, 12 Step, or Motivation Therapy. * Find out if Mindfulness or Hypnotherapy work for alcohol reduction. * Learn the signs, symptoms and definition of alcoholism, and how to reverse it. * Discover the most reliable solution the author has used with thousands of drinkers. Order your copy of "Alcohol and You" and stop problem drinking NOW! READ WHILE YOUR BOOK SHIPS - Order your paperback today and download the Kindle version FREE! (Available using Kindle MatchBook function.)

Controlling Your Drinking Allen Carr's Easyway

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.

The Fastest Way to Stop Drinking... Guaranteed Allen Carr's Easyway

READ STOP DRINKING NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway is a global phenomenon. It has helped millions of smokers from across the world to quit. Stop Drinking Now applies Allen Carr's Easyway method to problem drinking. It works by unravelling the psychological brainwashing that has led you to crave the very thing that is harming you. Then, through simple step-by-step instructions, it sets you free from the alcohol trap. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES THE DESIRE TO DRINK ALCOHOL • STOP EASILY, 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

[Quit Drinking](#) Barnes & Noble Publishing

This title aims to break down the complex issues regarding quitting alcohol by talking through practical solutions.

Allen Carr's Easy Way to Stop Smoking Johns Hopkins University Press

READ THIS BOOK, FOLLOW THE INSTRUCTIONS AND STOP DRINKING NOW. Allen Carr's Easyway method has helped millions of people to quit smoking, alcohol and other drugs, as well as to stop gambling, over-eating and getting into debt. It will show you the way to escape from the alcohol trap. With the brilliant illustrations of Bev Aisbett, this handy pocket book presented in a truly refreshing, accessible, dynamic, funny and enjoyable way. 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

[Take Control of Your Drinking](#) Penguin

Are you still in control of your drinking? Or is the alcohol controlling you? In *The Easy Way to Control Alcohol* (2001), self-help author Allen Carr explains his method for quitting alcohol use altogether, without suffering withdrawal or subsequent cravings... Purchase this in-depth summary to learn more.

Summary of Allen Carr's The Easy Way to Control Alcohol by Milkyway Media Arcturus Publishing

NEW YORK TIMES BESTSELLER • "An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself."—Glennon Doyle, #1 New York Times bestselling author of *Untamed* "You don't know how much you need this book, or maybe you do. Either way, it will save your life."—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol's ubiquity—in fact, the only thing ever questioned is why someone doesn't drink. It is a qualifier for belonging and if you don't imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.