



## The Easy Way to Stop Drinking

*Allen Carr*

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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.

## **The Easy Way to Stop Drinking Details**

Date : Published December 25th 2005 by Sterling

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Author : Allen Carr

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## **From Reader Review The Easy Way to Stop Drinking for online ebook**

### **Michael Castile says**

I found this book a drag. Too long and drawn out. Not clear, nor concise. I could only manage to read the first few pages, before I felt like having a drink out of frustration. It was like wading through a very dense forest, and not getting anywhere.

There are many other books, on this subject, that are way more helpful.

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### **Emily says**

A lot more compelling than I expected. It was obvious from the start that I wasn't the target audience, so I can't say how well the method works for someone trying to quit alcohol (at times I didn't feel like I would have been convinced), but the Amazon testimonials had me intrigued.

Carr's writing style is very didactic, but his method is straightforward and he seems to me to take a much more reasonable approach to addiction and substance abuse than most. Though I don't know much about AA, it has completely changed the lives of some of my friends, so I don't want to belittle that. But I loved that Carr's method is empowering and gives the choice back to the individual. Like the title implies, he doesn't make it any harder than it has to be.

Carr may seem patronizing and dismissive at first glance, but he's personally experienced years of alcohol and nicotine addiction, and helped countless others to overcome it. He's not naive in his perspective. This book has made me rethink the way I view both addictive and social behaviors and even some of my own habits.

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### **Lily says**

This is the best book I have ever read on drinking. Do not let the name make you think it is not an important book. It is a life changer.

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### **Gr777 says**

Very Buddhist

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### **Dan Lurie says**

Could definitely have been half the length and equally persuasive. Glad I read it. We'll see if it works for me.

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### **Laura says**

I am very impressed with the easyway method. It has been very helpful to me this year when I made a resolution to quit drinking and smoking. I would suggest the most important thing is to have an open mind when reading this book. If you truly want to improve your life and health follow the instructions and it will be easy.

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### **Craig says**

Well, we will see, I suppose.

Years ago, I read the Easy Way to Stop Smoking and, magically, it worked. Immediately and absolutely. Haven't had a cigarette since.

So I figured... Why not?

It took me a lot longer to read this one as I didn't really want to finish it - guess I thought on some level that it was working.

The problem is, I just didn't find it as convincing as the smoking book. Maybe that problem is me as, apparently, I am a very different drinker than Mr. Carr was.

Still, there were definitely things that made me think about alcohol and alcoholism in a very different light.

Giving it three stars for now. Will reevaluate in a few months.

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### **Deana Young says**

Great book to help people who want to stop drinking.

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### **Lori says**

The content was excellent but sometimes the writing style bugged me. The questions, the all caps, etc. could get to be a bit much. That being said, loads of really good, thought-provoking information. And a whole new perspective on drinking & how/why to stop.

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### **Austin Hill says**

I haven't drank in over two and a half. Didn't have a major negative event but just came across it on amazon

one day. I've never done AA, or anything like it besides reading this book. It is an objective look at alcohol that has stuck with me. Worth a read to anyone on the fence, or that has woken up hungover a few too many times. I've never regretted not drinking.

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### **Nancy Dardarian says**

I started reading this book after I had already stopped drinking, having decided to take a break for a month. Now, after reading it I'm not sure I'll start back up again. The book was a bit of an odd read but it makes a lot of sense and sure helped me cement my position... he also wrote a stop smoking book that gets excellent reviews.

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### **Derek Smith says**

I first came across this book on Amazon when I was looking for books to assist a relative to give up alcohol. It had rave reviews. And few detractors. Well I am afraid I am one. The book is very repetitious and rambling. It has shouting words and phrases in capital letters which made me feel he was bonking me on the head with a mallet. And so preachy a style; everyone it seems is wrong except the author. Quite a few times Allen Carr says you don't need willpower to give up alcohol - but never defines willpower, in which case how can he be wrong? But if willpower means a day by day determination how can he be right?

I tried to find the coherent argument as I was reading but couldn't connect. In the end the message seem to be that to give up alcohol you must read the book, not feel guilty and stop drinking. Do you need to read 200 pages to learn that? I am currently, maybe 4/5ths, through, Tania Glyde's Cleaning Up - and that is so much better. But then she's a writer.

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### **Markus says**

Knew I had quit the days before picking it up, now I am an ex-alcoholic. Freedom at last.

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### **Chuck Denison says**

Trite

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### **Mike says**

Repetitive, basic, and not written very well. Probably won't help someone in need but who knows, his book on smoking is pretty highly regarded and this is essentially the same thing, only for drinking. It's heart is in the right place, but it's a pass.

