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Allen carr easyway to stop smoking pdf free download

The Easy Way to Stop Smoking is a self-help book written by Allen Carr, first published in 1985. The book aims to help people quit smoking using various methods, which have been championed by several celebrities and have undergone clinical studies confirming their effectiveness. In-person group seminars based on the book are now used by the National Health Service and Local Council Stop Smoking Services. After quitting himself at age 48, Carr opened a clinic to help others and wrote several books on smoking cessation and weight loss. The book is divided into 44 chapters to guide smokers in making the decision to quit. A recent study funded by DOH Ireland found that Allen Carr's method was superior to Quit.ie in a randomised clinical trial, with superior quit rates compared to established interventions. Allen Carr's Easyway has been proven to be not only effective but also cost-effective in helping people quit smoking. It is now widely used by NHS and Local Council Stop Smoking Services. Further research continues to confirm the method's effectiveness. Ubisoft even developed a Nintendo DS game based on the book, titled My Health Coach: Easyway to Stop Smoking. Allen Carr's Easyway method is a drug-free approach to quitting smoking that emphasizes understanding the psychological aspects of nicotine addiction. The method focuses on helping users find their way out of the "maze" of nicotine dependence, which can be difficult to navigate without the right guidance. The first step in using Allen Carr's Easyway method is to set a date and time to stop smoking, and then continue smoking as usual until that time. This approach helps avoid the temptation to cut down on cigarettes beforehand, which can make them seem more precious rather than less desirable. It's essential to remember that quitting smoking doesn't mean giving up anything; instead, it means making significant positive gains in health, energy, money, confidence, self-respect, freedom, and even the quality of one's future life. The process is not about losing something but about gaining a healthier and more fulfilling lifestyle. Nicotine addiction itself is considered weak and relatively mild compared to other forms of psychological dependence. By focusing on the 99% mental aspects of addiction, users can develop strategies to overcome their nicotine cravings and eventually become non-smokers. Understanding why one smokes is also crucial for success in quitting. You don't want to give up smoking because of an addiction, but because it's a toxic habit that holds you back from living your best life. When you quit, you're essentially gaining freedom and health. Make a commitment to yourself that you'll never smoke or take nicotine again, no matter what challenges come your way. This decision is crucial, as it can affect the length and quality of your future life. When you start feeling withdrawal symptoms, remember that they are mild and will pass quickly. You're not alone in this process - many people who have quit smoking have overcome similar struggles. If you associate smoking with certain activities, like having a cup of coffee or taking a break, replace those habits with healthier alternatives. Don't try to avoid situations where others might be smoking; instead, focus on the benefits you've gained by quitting. You'll soon realize that smokers are actually envying your freedom and health. Remember, it's not about depriving yourself of something, but rather giving up a habit that holds others back. When offered a cigarette, simply say "no thanks" without feeling the need to justify your decision. Don't try to suppress thoughts about smoking; instead, focus on the positive aspects of being a non-smoker. When you think about quitting, remind yourself that it's not just about giving up a habit, but about gaining freedom and living a healthier life. The vicious cycle of addiction tricks you into believing cigarettes solve problems instead of causing them. Each smoke reinforces your conviction, making it easy to get sucked back in. Don't fall for the idea that one smoke is harmless or just a social gesture - it's always about maintaining a lifelong habit. Nicotine substitutes like patches and e-cigs prolong addiction by creating an illusion you're making sacrifices. They keep you hooked, just like tobacco smoking. You become a non-smoker the moment your last cigarette is extinguished; don't second-guess yourself or keep cigarettes handy. Enjoy the freedom of not needing them. If cravings hit, remember there's no such thing as "just one smoke." Instead, ask yourself if you want to return to being a smoker - inhaling smoke constantly, never allowed to stop. The answer should be "no" because you chose to quit for a reason. Celebrate your freedom and enjoy the process of staying that way. The best path to true freedom is using the right quit-smoking method; read on to learn more. Quitting can seem daunting, but there's no pressure or judgment here. Start with our free quiz if you're unsure about quitting or concerned about deprivation. Your success in quitting depends on your chosen treatment and method - most techniques only succeed for one in ten people. Look into Allen Carr's Easyway as the top approach; use these tips to prepare for a successful quit, understanding that cravings will arise but using the right method can make all the difference. It can be challenging to overcome nicotine withdrawal, which may lead to headaches, decreased heart rate, and insomnia. However, many people have found success with a quit plan, while others believe attending an Allen Carr's Easyway seminar is enough to stop smoking. This method focuses on understanding why someone wants to smoke despite the health risks. The NHS and CDC offer various resources for those trying to quit smoking, as well as additional information from Allen Carr's Easyway. If using this method, there is no need to develop strategies to avoid relapse or cravings, as it changes one's perspective on smoking. For those not using Allen Carr's Easyway, developing strategies such as staying connected with support groups or helplines, keeping a journal, and engaging in regular exercise can help manage triggers like stress. Committing to the goal and reminding oneself of the health benefits of quitting is also crucial. After quitting, some smokers worry about weight management, but Allen Carr's Easyway method does not require substitutions or desire for them. A balanced diet and regular exercise are recommended, but these activities are already beneficial regardless of stopping smoking. Are you worried about never being able to have a cigarette again? We can help ease your concerns and make quitting simple by understanding and addressing those fears. Many people struggle with depression after quitting smoking, but if you approach it the right way, not only can you avoid depression, but you can also be incredibly happy. It's frustrating to still cough after quitting cigarettes, especially when you develop a smoker's cough. If you're looking for new activities to replace smoking to help you quit or cut down, we've got some top tips for you. You might be curious about how long nicotine stays in your body once you quit smoking - keep reading to find out. There are effective ways and strategies to help you break free from smoking. Allen Carr's Easyway programme has been proven to be as effective, if not better than, the traditional NHS smoking cessation programme which uses nicotine replacement therapy (NRT) and one-to-one psychological support, according to a UK clinical trial published in Issue 4 of Volume 28.