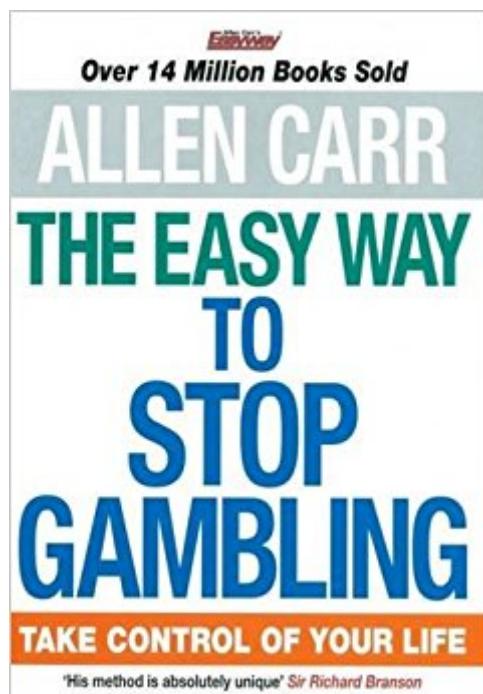


The book was found

# The Easy Way To Stop Gambling: Take Control Of Your Life (Allen Carr Easyway Series)



## Synopsis

Allen Carr's Easy Way is the most effective stop-smoking method of all time and has also been successfully applied to a wide range of other issues, including drinking, overeating, and overspending. In this book the method addresses the fastest-growing social problem of modern times: gambling. Allen Carr explains how gamblers fall into the trap and why they keep gambling despite knowing that it's ruining their lives. By explaining the nature of the trap, he removes the desire to gamble and the fears that keep you hooked. Most important of all, you will not feel that you've made a sacrifice, you will not miss gambling, and you will be free to regain control of your life and enjoy it to the fullest.

## Book Information

Series: Allen Carr Easyway Series

Paperback: 256 pages

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ISBN-10: 1782124489

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Product Dimensions: 5.8 x 0.7 x 8.2 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 11 customer reviews

Best Sellers Rank: #803,733 in Books (See Top 100 in Books) #42 in Books > Health, Fitness & Dieting > Addiction & Recovery > Gambling #601 in Books > Humor & Entertainment > Puzzles & Games > Gambling #1878 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

## Customer Reviews

Allen Carr (1934–2006) was a chain-smoker for over thirty 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 realized that he had discovered what the world had been waiting for—the 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 runs clinics in countries all around the world.

This book honestly saved my life and my bank account and it's the only book you will ever need!

Thank GOD for Allen Carr and the tips in this book! I HIGHLY recommend it. Trust me... Buy this book because your bank account will thank me later! Allen Carr opens your mind and helps free you from the chains of your addiction. If you want to quit, you will; however you must keep an open mind and use the tips in this book. It couldn't have been any easier and I wish I would have read this book 10 years ago!

Best one ever, give it a try, you will be surprised.

I can't believe it worked. I read it and have not gambled for 2 months. I read book every so often to help me be a non gambled. Recommend this book.

great

What I have read is AWESUM. Will get back to it soon.

GOOD

This is a good, helpful, practical and easy to read book but in the end it is still up to the person to want to change. If they don't want to change wholeheartedly it won't be as beneficial.

there is no easy way..i find reading these types of books only creates a higher desire to go to the casino..

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Have Become Non-Smokers Using Allen Carr's Easyway Method The Easy Way for Women to Stop  
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