



**ALLEN CARR'S**  
EASY WAY TO  
**STOP**  
**SMOKING**

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"Everyone who reads this book stops and I stopped." Ellen DeGeneres

## Allen Carr's Easy Way To Stop Smoking

*Allen Carr , Damian O'Hara*

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# Allen Carr's Easy Way To Stop Smoking

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**Allen Carr's Easy Way To Stop Smoking** Allen Carr , Damian O'Hara

*Allen Carr's Easyway to Stop Smoking* is the world's most popular quit smoking title, with an 80+ percent market share in the smoking cessation category. First published in the UK in 1985, it has sold over thirteen million copies and has topped bestseller lists in nine countries. This brand new edition has been written specifically for the US market and is based on the past five years of working with American smokers at our live seminars.

## Allen Carr's Easy Way To Stop Smoking Details

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Author : Allen Carr , Damian O'Hara

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# From Reader Review Allen Carr's Easy Way To Stop Smoking for online ebook

### Rebekah Small says

If you change your mind, it will change your life. This book can help you change your mind.

**peiman-mir5 rezakhani says**

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## **Sarah says**

I do not enjoy smoking. I hate smoking and the cigarette itself is what's making me miserable. I'm tired of feeding the monster. If I were a non-smoker I wouldn't feel cravings and would enjoy moments in life more. These are the things I've learned so far. I can understand why this book makes people want to quit smoking. It's not shock therapy which scares you into quitting. It explains all the good things that will happen to you when you quit, and while you think you like smoking or that it helps you in some way you find out that you don't and it doesn't. It really makes stressful situations more stressful, and so on. It's not hard to quit, it's easy. The book makes you realize that smoking is very unenjoyable. And makes me wonder why I ever thought it was. I am so looking forward to finishing this book and quitting smoking and being freed from the monster. I am also excited to make other people I know who smoke read it. I'm shocked they haven't already.

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## **Jessica says**

Training for the New York City marathon last fall didn't magically stop me from smoking, but maybe watching a beloved client die abruptly and excruciatingly of lung cancer last week will do the trick? In case that's not enough, I've got Allen Carr's annoying self-help book to back me up!

I love fucking smoking. I love, love, love, LOVE it. Except, Allen Carr's going to tell me, I actually don't. I can't possibly love smoking because smoking's disgusting! All the loving I think I'm doing is actually just the insidious mendacity of addiction that is warping my mind and encouraging me to flood my otherwise gorgeous long-distance runner's lungs with carcinogens and emphysema and all other kinds of gnarly. I totally believe this, he's obviously right, and I know what Carr's gonna say because I've read this before. And it totally worked the first time -- but of course, quitting smoking's easy, it's the staying quit that's a drag.

I don't relate to a lot of quit smoking stuff, because my smoking occurs under pretty specific conditions. I'm not the kind of smoker who smokes every day, but nor am I really a true social smoker who has one or two on special occasions. I smoke when I drink, and when I do then I binge. I can go weeks without touching them, but once I get started, I'll smoke a pack -- sometimes more -- in a night without batting an eye. Drinking gets me every time, as do smoker friends. Also driving. Rock shows. Writing papers. Etc.... Why do I do this? Because I love smoking!!! No, Allen Carr tells me: that is not why. I do it because I'm addicted, and I tell myself all these crazy lies about cigarettes, like that they're fun and make me happy, and that I enjoy smoking them. God, but I believe that. I believe that I love them. I hope he talks me out of that.... it's a tall order!

I do feel pretty ready for Carr to convince me. I'm thirty years old, and I know smoking's gross. I've had two friends my own age undergo intensely difficult, painful battles against cancer, and i've spent these past few weeks watching a man I really cared about suffer in agony, knowing he wasn't going to get all the years he deserved, probably because of this addiction he'd had since age nine. When he was diagnosed with lung cancer about a month ago, he told me he couldn't wait to get out of the hospital so he could have a cigarette. He even laughed about it, and said that he just couldn't imagine his life without cigarettes. He did get discharged, with referrals to radiology, and I'm sure he smoked his face off once he got home.... only he didn't have much time to enjoy that because he was rushed back to the hospital right away, when it turned out the leg pain he'd been complaining of was metastasized cancer. He died just a couple brutal weeks later

without getting to smoke again or even go outside for fresh air. One of the many very, very sad things about it all is that I'd watched this man successfully fight addictions to other things that are a lot more serious in terms of their immediate effects on a person's life. Smoking cigarettes doesn't make you homeless (though with NYC's \$10 pack, that could change) or exacerbate mental illness (according to some sources, it can actually soothe symptoms), and cigarettes don't estrange you from family and friends and the rest of society. But in the final analysis, smoking cigarettes can obviously have a way bigger impact than any of those other substances, because terminal illness makes all the rest of that stuff completely irrelevant. Homeless people can find housing, schizophrenics can manage their psychiatric symptoms, and people who've lost touch their families can reunite with their loved ones -- I saw this guy accomplish all those things recently, after seeing him struggle so much in the past. But he didn't ever get to enjoy what he worked so hard to regain, because he died of fucking lung cancer right when he'd finally -- and heroically -- gotten his life together.

I guess it's not so shocking that as I get older, I understand all the moralistic hysteria about kids smoking way more than I used to. I'm from a generation for whom there was no mystery or obfuscation about the health risks of smoking, and I was fully aware while choking down my first Marlboro when I was twelve that this was a horrifically unhealthy and addictive substance that almost inevitably caused lethal diseases. I mean, as a little kid I was terrified of cigarettes! They spent so much time at school screaming at us about lung cancer that I was distraught for days after walking in on a parent smoking at late night, convinced I'd be orphaned by what I, in my innocence, had assumed was a cigarette....

But I digress. No, what I was going to say is that -- as we all know -- kids start smoking because they know it's bad, and kids love bad things, and they absolutely don't believe for one second that they'll ever get older, let alone die. They really just don't. It's documented fact. See, but now I've gotten on a bit in years so I'm starting to get that if I don't figure something out soon, someday I *will* die. The older I get, and the more people I see get really sick and/or die, it does get a lot harder to deny that it could happen to me. That.... well, it *will* happen to me.

Part of me thinks that's why I love smoking -- there's some adolescent nihilism there that I'm really attached to, some big "fuck you" to the horror of mortality when you light that bitch up and suck in a big drag -- GOD, I love that feeling! But what Allen Carr would say, and what he's going to remind me, is that that's total bullshit. That feeling's just some half-assed, asinine, transparently juvenile rationalization for a dull and simple addiction I've been senselessly feeding for close to two decades. Allen Carr's annoying self-help book is going to remind me that all that romance and glamour, all the emotional and intellectual pyrotechnics I associate with my smoking, are just more sophisticated versions of a drug addict's most pathetic excuses. All those reasons aren't true. I don't really love smoking.

Anyway, even if some of that stuff is true, it's way past time to stop. I'm too old for nihilism, and that's not how I want to go, in horrible pain and all fucked-up on morphine. If I want to make some statement, I should jump off a building.

This weekend I hung out with a friend of mine who just went through the unbelievably awful experience of breast cancer treatment, and she was talking about how when someone gets sick, everyone wants to blame them for it. I'm sure you've noticed this too, that whenever something bad happens to someone, other people just go nuts coming up with explanations of how the sick/murdered/hit-by-a-car person's brought the misfortune on themselves. Susan Sontag talks a lot about this in *Illness as Metaphor*, and one thing I thought was weird but that I also kind of liked was that she shoved "smoking" in with "unresolved grief" and "pent-up rage" as ridiculous factors that people use to blame other people for getting cancer. It's true that lung cancer is one of the last acceptably stigmatized illnesses -- people can happily pass judgment on smokers who get it in a way that they're just dying to but can't for anyone else who gets sick. And I will be DAMNED

if I ultimately give any smug asshole that satisfaction! When I have a terminal illness -- and unless I have some kind of terrible accident, chances are that at some point in the future I most likely will -- I hope it'll be one people can't blame me for giving myself. Or, much more importantly, that I can't blame myself for getting. Because that's not a fun thought.

Anyway, I'm planning to read this thing by the weekend. If I can make it through the Fourth of July without smoking, that'll surely be cause for a huge celebration. And if I can't.... well, then it'll probably mean that I'll have to stop drinking.

And that, my friend, is another can of worms.

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## **Craig says**

Third edit: Five years. Still smoke free with very few cravings ever. Give this a shot if you have any desire to quit no matter how small.

Second edit: still smoke free more than three years later. As annoying as the book can be at points, it really worked for me.

Edit: I said I would change it to 5 stars if I quit. I'm entering day 9 without a cigarette. I can't say that it was/is as easy as he says, but it is definitely easier than it ever was before. I definitely highly recommend this book to other smokers who would like to quit.

Well, we're currently at three stars on this one because it really did make me think about quitting in a different light. If I really do quit because of it, the score will change to five stars in a heartbeat.

It's basically a sort of deprogramming book with some pretty simple ideas and ways of looking at things that I hadn't really considered before. No scare tactics. I appreciate that it is a "new" approach.

That said, the constant, self-congratulatory tone can get obnoxious and I wish the guy would have said flat out how much money he was making off of this instead of constantly saying how he was doing it solely for the good of others (come on - several of the instructions he gave are to buy more of the book to give to others... never lend out or give away your copy -- you may need it, etc... Practically sounded like a pyramid scam at points.)

Still, I haven't had a cigarette since I finished reading it. That hasn't been that long, but I am hopeful...

Also, it's a quick read. Finished it in one sitting. So it's not like I'm out a whole lot of time if it doesn't work...

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## **Roxanne says**

I loved this book, it changed my life.

Understanding why you smoke and know what you have to do to quit just made sense to me. My husband (who I thought was a lifer) have been smoke free for 3 years, best thing I ever did was read this book.

This book opened my eyes to the reality why I smoked and the reasons why I should stop making excuses and just quit.

Thank you Allen Carr for saving mine and my husbands life :)

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## **jack says**

so, i've quite smoking like, i don't know, four times or something.

there was the first time: the halfass try that lasted for about three days (although i didn't admit to myself that i was smoking again for another six months or something, even though i steadily bummed cigarettes off of my coworkers everyday).

then the big time, back in 2002 when i went from being a pack and a half a day smoker to totally over and done using the patch (which i will recommend to each and everyone of you). and i didn't smoke again for a whole year, but i still wanted to and you know, i used to like to drink a lot and that doesn't always make for dandy decision making, so i started socially smoking. and i mean like one or two drags every month or two.

but then i was dating this girl that smoked and we liked to drink and smoke together and, well, it all went down hill. and one day i bought my own pack. for the first time in four years. i hated it! i hated me! i hated not being in control of this thing i hated doing to myself and my body!

i read half of this book one afternoon because the girl had it sitting around since she would always talk about quitting but never did anything to move forward. i only needed to read half. i immediately felt like i never, ever, ever wanted to smoke again.

this book is basically a big mind fuck. i know that it is. i knew it as i was reading it. but it didn't matter, because what it did was give me enough info and enough tools to have me stop, right then, that moment. and not smoke again for a long long time.

not the end of the story though. cuz obviously i started again, and i don't remember how or why or when, but i know i quit again seven months ago and have not looked back and know that this time it will stick because i'm still using what i learned from that book plus more (thanks yoga!). and this time i get it, what was in there, that i really don't want to smoke again and that i don't have to.

so if you really want that monkey off your back, this is a good place to start. you already know all the reasons you want to quit, but you'll learn new ones, and you'll learn ways to think about smoking and quitting, and most importantly, being a NONsmoker that will get your head screwed on straight without guilting you or telling you a bunch of lung cancer statistics or whatever.

and then when you're ready to make that big change, you'll make it. and you'll be done finally. and you can take a big deep breath of freedom.

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## **Carrie says**

This is really, truly a terrible book that uses very transparent psychological trickery to convince you to stop smoking. But, it totally worked on me so it gets 5 stars.

## KamRun says

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made the decision to quit and began to read this book. It really is the BEST way to quit smoking - I finished reading this book, threw out my cigarettes and never smoked again. I have suffered no withdrawal or pangs of desire ... I tried quitting several times before reading this book, either using the patch, the gum or cold turkey, and every time I tried, I was so miserable that I always started smoking again. Now, not only am I a non-smoker, I am overjoyed to be a non-smoker and I have no desire to ever smoke again, even when surrounded by other smokers! I recommend this book to any smoker who says they want to quit ... sadly, many of my smoking friends are too scared to quit. Once they decide that they do really want to quit, this book will do it for them. If you are a smoker and you want to quit, I'll bet you've tried all the gimmicks, and they don't work, right? They didn't work for me! This book ISN'T a gimmick - it works!!! I have been smoke-free for almost 2 years at this writing (I finished reading the Easy Way to Quit Smoking on 05/11/2007 and haven't had a puff since), and I feel great. I can't say enough about this book.

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## **Matt says**

This may be the only book that I have read 4 times, but for times the charm.

My sister spoke wonders of this book and how it helped her quit. A few years back I borrowed it from her, read it, and was able to quit for about a month and a half. Then, in stupidity, on a drinking night out I bummed one, and then was quickly about a pack a day. Earlier this year I felt ready to try again. In April I checked it out of the library, read it, and quit for about four days. I night out did me in again. I renewed the book the maximum number of times, read it once more, but it did not work. In September I read Malcolm X and thought in general that a lot of things are possible for me if I focus and get read of the partying and distractions. This time, in early October I bought the book. I read it quickly, finishing it on October 15th. Today is November 20th, and I'm still a non-smoker. Also I'm confident this time has worked and I'll never smoked again.

This book works I believe because he systematically breaks down the reasons smokers say they smoke, and states why these reasons are invalid and the opposite is true, that smoking actually harms these perceptions. These are the four beliefs he concentrates on: BOREDOM, STRESS, RELAXATION, CONCENTRATION. His instruction tells the reader not to quit smoking until the end of the book. This way the reader reads a chapter, thinks about it, and when he or she smokes, is really aware of the points the author makes in the book. He states things like a cigarette is no different after a meal, or with coffee, that it's a mind trick or trap that the smoker fell into. Another thing he states is that there is no such thing as enjoying a cigarette, that every smoker wishes he or she never started. If you said that to someone smoking in a verbal exchange, they wouldn't listen. But somehow the solitary act of reading, the reader really does mull it over, and it does sink in.

This is a great book, because it puts people in the right frame of mind to quit. The most important suggestion by the author is for people to think they are not giving anything up by quitting but must think of the positive change that will result from quitting. He explains that with the well power method people feel like something they enjoy is being taken away from them. He also says that with boredom or stress, that those things would be the same without cigarettes, the cigarette doesn't change your situation or life.

This is great for the short term, but for the long term, I suggest people buy a copy. It has some invaluable chapters like if you want just one cigarette that may help the ex-smoker maybe even years later.

I'm excited about not smoking and making life changes including cutting back on drinking so I can focus on reading and writing.

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## Chris says

Day 0: 40+ cigarettes/day

Day 1: Well, that wasn't so hard: 0 cigarettes/day

Day 2: Still smoke free, this is going to work!!! A guarded 5 star rating for now.

Day 3: Well I'm a weak willed sucker (not that I needed further proof). It was 2am on Day 3/4, and it ended like all my previous attempts with a delicious Gauloises. Not the books fault though and there is still hope.

After a week, I think it's time for a mini résumé on Allan Carr's quitting method.

As I wrote in the comments, after my lapse on Day 3 I rage quit again (why do I have to make everything so hard?).

Anyway the good news for every smoker is: Allan Carr's quitting method works. I was skeptical at first, but believe the hype, quitting can be easy! The withdrawal symptoms hardly matter, you will feel better immediately.

There is also bad news however, at least for me: Staying clean is the hard part. There still is craving, not as bad as with my previous attempts, and there are still some depressive phases. But now I can glimpse a light somewhere out there; maybe the end of the tunnel isn't so far away?

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## Arman Mohammadi Yazdi says

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