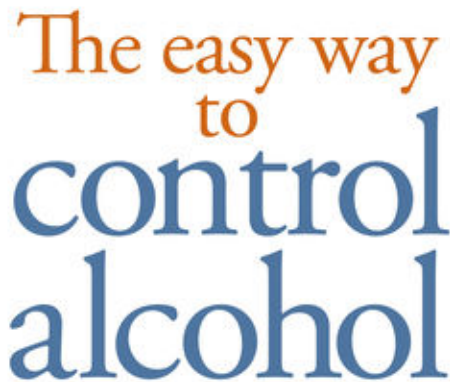


Download gratis bøger Allen Carr's Easy Way to Control Alcohol (PDF - ePub - Mobi) Allen Carr DbsBook



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.

His unique method removes the feeling of deprivation and works without using willpower. Allen dispels our illusions about alcohol, removes the psychological dependence and sets you free to enjoy life to the full.



Praise for Allen Carr's Easyway:

"I would be happy to give a medical endorsement of the method to anyone." Dr PM Bray MB CH.b., MRCP

"His skill is in removing the psychological dependence" - The Sunday Times.

"A different approach. A stunning success" - The Sun "I was exhilarated by a new sense of freedom." - The Independent

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