

Allen Carr's Stop Drinking Now

author: Allen Carr

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Synopsis

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Become a happy non-drinker for the rest of your life.

Allen Carr's Easyway is a global phenomenon which has helped millions of smokers from all over the world to quit instantly and easily. *Stop Drinking Now* applies Allen Carr's Easyway method to problem drinking. Rather than employing scare-tactics and enforcing painful restrictions on your drinking habits, it unravels the cognitive brainwashing behind your addictive behaviour. In this way, it removes the desire to drink altogether without willpower or sacrifice.

- A unique method which does not rely on willpower.
- Removes the desire to drink alcohol.
- Stop easily, immediately and painlessly.
- Regain control of your life.

Follow the simple step-by-step instructions and escape the alcohol trap.

Reader's comments

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