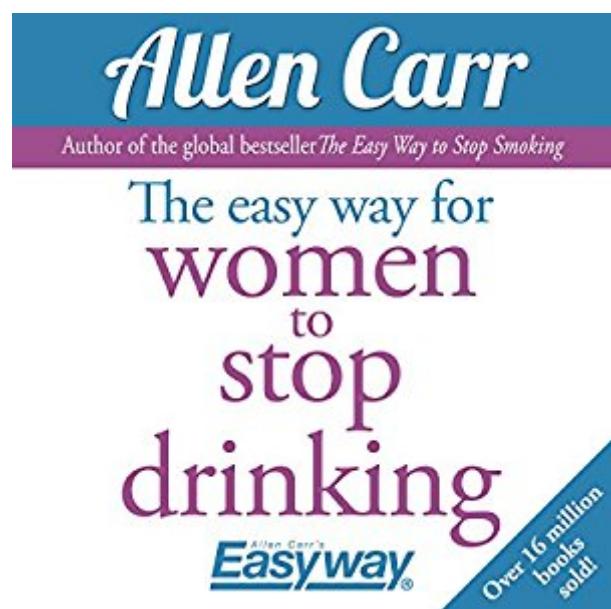


The book was found

The Easy Way For Women To Stop Drinking



Synopsis

Allen Carr's Easyway is the most effective stop-smoking method of all time and it has now been successfully applied to a wide range of other issues. Here the method focuses on one of the fastest-growing problems of modern times for women: drinking. Alcohol blights women's lives often in a distinctly different way to men's: women tend to stay at home drinking alcohol; women often feel particular shame over drinking too much; drinking around children can be a particular burden. In summary there are a lot of added pressures on women to stop drinking, and often they feel this is an impossible task. Luckily, Allen Carr's Easyway makes it easy to stop drinking. It's the tried-and-tested cessation method that really works. With startling insight into why women drink and clear, simple, step-by-step instructions, Allen Carr shows you the way to escape from the alcohol trap in the time it takes to listen to this audiobook.

Book Information

Audible Audio Edition

Listening Length: 6 hours and 2 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Arcturus Digital Limited

Audible.com Release Date: August 25, 2016

Language: English

ASIN: B01KYI96MA

Best Sellers Rank: #100 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #743 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #5307 in Books > Self-Help

Customer Reviews

If you've read the easyway to stop smoking, then you'll understand and expect the approach. Still, it is nicer to just gobble up his words to change your thinking than to rethink the whole addiction mindset on your own. Biggest complaint is that he does not seem to have much personal experience with alcohol addiction and it leaves drinkers feeling a bit unheard. Still, the facts are facts and they are presented in a way to get your addicted mind to let go.

Haven't had or wanted a drink since I finished it!

great book for women, really helped in my own journey

Getting through the book now. Good book. I am enjoying it. Read that he has a good plan with EasyWay.

I was hooked the moment I started reading this book. I appreciate he wrote one that women can relate to. It is full of specific information to help you easily not want to pick up another drink or even feel the urge. The instructions are clear and helpful using imagery and statistics.

Excellent. Haven't had a drink since reading this masterpiece.

Easy way to quit smoking worked for me so I hope this helps w the drink. Pick up the book.

Was excited and lost interest in reading after several chapters. It kept motivating me as to why I need to stop drinking, which I felt I did not need anymore motivators as is why I bought the book. I don't feel the book gave me the knowledge that I needed and wanted. Kinda gave up on book.

[Download to continue reading...](#)

Stop Drinking Now: The Easy Way To Stop Drinking (quit drinking Book 1) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) I Need to Stop Drinking!: How to Stop Drinking and Get Your Self-Respect Back The Easy Way for Women to Stop Drinking Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) The Easy Way to Stop Smoking: Join the Millions Who Have Become Non-smokers Using Allen Carr's Easy Way Method Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) The Drinking Water Book: A Complete Guide to Safe Drinking Water Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Allen Carr's Easy Way for Women to Stop Smoking The Easy Way for Women to Stop Smoking: A Revolutionary Approach Using Allen Carr's Easyway™ Method Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking,

Cigarettes, Tobacco) Whatâ„¢s Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life I Need To Stop Drinking! Stop Drinking Now Stop Alcohol Cravings, Quit Drinking with Hypnosis, Meditation, Relaxation, and Affirmations: The Sleep Learning System Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations Attract Women: Be Irresistible: How to Effortlessly Attract Women and Become the Alpha Male Women Canâ„¢t Resist (Dating Advice for Men to Attract Women) Attract Women: Unlock Her Legs: How to Effortlessly Attract Women and Become the Man Women Unlock Their Legs For (Dating Advice for Men to Attract Women) Attract Women: â„¢Heyâ„¢ to Lay: The 7 Steps to Approaching Women, Unlocking Her Attractionâ„¢ and Her Legs (Dating Advice for Men on How to Approach Women and Attract Women)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)