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The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Home Smoking Free Allen Carrs Easywa Top Tips Free Guidance Inspiration Discounts and Special offers Allen Carrs Easyway to Stop Smoking book has sold over 15 million copies worldwide and has changed the lives of countless smokers.First published in 1985, Allen Carrs Easyway to Stop Smoking has been translated into over thirty languages and has been a #1 bestseller in ten countries, including the UK, Ireland, Russia, Italy, Holland and Germany.Can you really quit smoking with a book?You might wonder how a book can help you quit smoking. Throughout the book, Allen Carr explains his Easyway method to quit smoking for good. Its a unique approach but one that has a higher success rate than any other quit smoking method.What makes Allen Carr's method so unique?It focuses on removing your desire to smoke so that you simply dont want or need cigarettes. The difference between a method that works for a while and a method that works for life is the way it changes your relationship to smoking. Rather than taking something away from you the Allen Carr method gives you back control over your addiction.Millions of people have achieved freedom simply by reading Allen Carrs Easyway to Stop Smoking book. Why not you?Allen Carrs Easyway seminar programAlong with the quit smoking book, Allen Carrs Easyway can also be accessed through private, group and corporate seminars. All seminars are run by people who have had success with Allen Carrs method so we understand how to quit smoking, but also what makes the Easyway the best way to quit. You can book a seminar in Auckland, Christchurch or attend online. For more information reach out to our team on 0800 848 028. Suggest an edit or add missing contentYou have no recently viewed pagesSelf-help book by Allen CarrThe Easy Way to Stop Smoking 1987 Penguin editionAuthorAllen CarrSubjectSmokingPages239ISBN9780615482156The Easy Way to Stop Smoking is a self-help book written by British author and accountant Allen Carr first published in 1985. The book aims to help people quit smoking, offering a range of different methods. Championed by many celebrities, there have now been several clinical studies that confirm the effectiveness of Carr's method [1] including two randomised controlled trials. [2] [3] Allen Carr's Easyway to Stop Smoking in-person Live Group Seminars, on which the book is based, are now used by the National Health Service and Local Council Stop Smoking Services. [4] A new upgraded version of the method is now available in book form under the title Allen Carr's Easyway to Quit Smoking [5] along with Allen Carr's Easyway to Quit Vaping. [6]After 30 years of heavy smoking, Carr quit in 1983, at the age of 48. He subsequently left his job as an accountant in the same year and opened the first "easiest way" clinic, to help other addicts. Carr wrote a number of books intended to lead to smoking cessation and loss of excess weight, some of which were best sellers.[7]Carr writes that smoking addiction is innately psychological and therefore this is the most significant factor in addiction to cigarettes. The book is divided into 44 chapters, whose purpose is to lead the smoker to, upon completion of reading the book, make the decision to quit smoking.[8]A 2018 study funded by DOH Ireland set out with an objective to determine if Allen Carr's Easyway to Stop Smoking was superior to Quit.ie in a randomised clinical trial. Quit.ie is an online portal for smoking cessation. The Allen Carr method was implemented in group sessions. The trial consisted of 300 adults and concluded that Allen Carr's method was superior to Quit.ie. This was the first clinical trial of Carr's method. The research found "All AC quit rates were superior to Quit.ie, outcomes were comparable with established interventions." [2] Subsequently more studies have been published which confirm the effectiveness and cost-effectiveness of the method [9]Pneumologist and tobacco addiction expert Bertrand Dautzenberg does not consider Allen Carr's Easyway to deal with evidence-based techniques. Dautzenberg's opinion is that while coaching methods are acceptable, Carr's book dismisses nicotine physical dependence and opposes substitution treatment; he concludes that doctors should advise against Allen Carr's Easyway method. Dautzenberg's own critics have noted that Dautzenberg's daily practice and interest is in the study of addiction and not in possible cures for addiction.[10] Furthermore, two randomised controlled trials formed part of the evidence which led to approval for Allen Carr's Easyway to Stop Smoking in-person Live Group Seminars use on the National Health Service (NHS). Approval was granted by England's internationally renowned National Institute for Health and Care Excellence (NICE) [11] with the committee finding that Allen Carr's Easyway was not only effective but also cost-effective. [12] Allen Carr's Easyway is now used by NHS/Local Council Stop Smoking Services. [13] Further studies continue to confirm the effectiveness of the method. [14]Ubisoft developed the Nintendo DS game My Health Coach: Easyway to Stop Smoking based on the book.[15]^ "Allen Carr's Easyway - Quit Smoking, Alcohol & Drugs Today!". Allen Carr's Easyway. 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Il est trs actif auprs de nombreuses organisations de contrle du tabagisme aussi bien au niveau franais qu'europen.^ "Recommendations on treating tobacco dependence | Tobacco: preventing uptake, promoting quitting and treating dependence | Guidance | NICE". www.nice.org.uk. 30 November 2021. Retrieved 21 August 2024.^ "Find Your Local Stop Smoking Service (LSSS) - Better Health". nhs.uk. 19 March 2021. Retrieved 21 August 2024.^ Prinzio, Reparata Rosa Di; Bondanini, Giorgia; Falco, Federica De; Vinci, Maria Rosaria; Camisa, Vincenzo; Santoro, Annapaola; Arnesano, Gabriele; Dalmasso, Guendalina; Raponi, Massimiliano; Brino, Eugenio Di; Cicchetti, Americo; Magnavita, Nicola; Zaffina, Salvatore (30 August 2023). "Feasibility of a Stop Smoking Program for Healthcare Workers in an Italian Hospital: Econometric Analysis in a Total Worker Health Approach". Annals of Global Health. 89 (1): 56. doi:10.5334/aogh.4153. ISSN2214-9996. PMC10473173. PMID37663224.^ Marquard, Steen (2 June 2008). 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