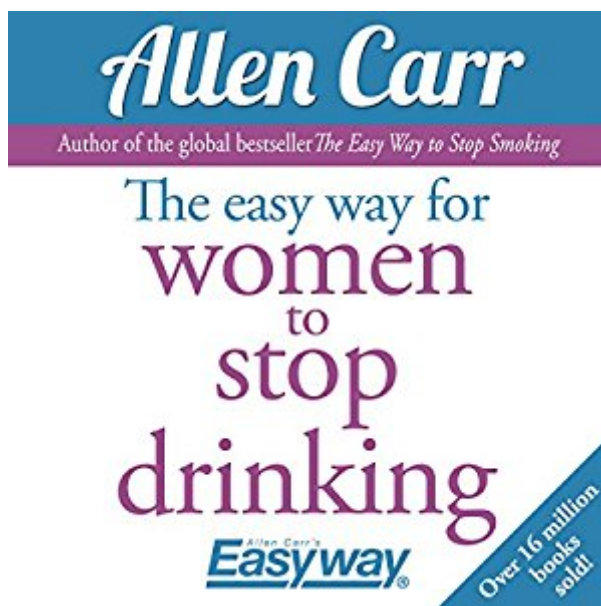


The book was found

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 5 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.

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