

WITHIN 20 MINUTES OF QUITTING SMOKING...

YOUR BODY BEGINS A SERIES OF CHANGES THAT CONTINUE FOR YEARS.

20 MINUTES

YOUR HEART RATE DROPS.



2-3 WEEKS

YOUR HEART ATTACK RISK BEGINS TO DROP.
YOUR LUNG FUNCTION BEGINS TO IMPROVE.



1 YEAR

YOUR ADDED RISK OF CORONARY HEART DISEASE IS HALF THAT OF A SMOKER'S.



10 YEARS

YOUR LUNG CANCER DEATH RATE IS ABOUT HALF THAT OF A SMOKER'S.
YOUR RISK OF CANCERS OF THE MOUTH, THROAT, ESOPHAGUS, BLADDER, KIDNEY, AND PANCREAS DECREASES.



12 HOURS

CARBON MONOXIDE LEVEL IN YOUR BLOOD DROPS TO NORMAL.



1-9 MONTHS

YOUR COUGHING AND SHORTNESS OF BREATH DECREASE.



5 YEARS

YOUR STROKE RISK IS REDUCED TO THAT OF A NONSMOKER'S 5-15 YEARS AFTER QUITTING.



15 YEARS

YOUR RISK OF CORONARY HEART DISEASE IS BACK TO THAT OF A NONSMOKER'S.



Mind Over Nicotine How To Quit Smoking The Easy Way

Allen Carr



Mind Over Nicotine How To Quit Smoking The Easy Way:

Allen Carr's Easy Way to Quit Smoking Without Willpower - Includes Quit Vaping Allen Carr, John Dacey, 2018-07-31 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE This book is the most up to date cutting edge best practice version of Allen Carr's Easyway to Stop Smoking method that will not only set you free from smoking but will also insure that you find it easy and even enjoyable to quit Whether you smoke cigarettes vape or use any other nicotine product this method will work perfectly for you Without using willpower aids substitutes or gimmicks Without gaining weight Without suffering anxiety depression or unpleasant withdrawal symptoms This book is designed to help busy smokers who appreciate clear no nonsense guidance Allen Carr's Easy Way to Quit Smoking Without Willpower gives you a structured easy to follow method for quitting quickly painlessly and immediately What people say about Allen Carr's Easyway method Allen Carr's international bestseller has helped countless people quit Time Out New York I read this book and quit smoking instantly Nikki Glaser The Allen Carr program was nothing short of a miracle Anjelica Huston It was such a revelation that instantly I was freed from my addiction Sir Anthony Hopkins His skill is in removing the psychological dependence The Sunday Times *Allen Carr's Easy Way to Stop Smoking* Allen Carr, 2015-09-24 MAKE 2023 THE YEAR YOU QUIT SMOKING WITH THE HELP OF ALLEN CARR It didn't take any willpower I didn't miss it at all and I was free Ruby Wax Read this book and you'll never smoke another cigarette again _____ Allen Carr has discovered a method of quitting that will enable any smoker to stop easily immediately and permanently As the world's bestselling book on how to stop smoking and with over nine million copies sold worldwide Allen Carr's Easy Way to Stop Smoking is the one that really works THE unique method No scare tactics No weight gain The psychological need to smoke disappears as you read Feel great to be a non smoker Join the 25 million people that Allen Carr has helped stop smoking What have you got to lose _____ Giving up smoking was one of the biggest achievements of my life I read Allen Carr's book and would recommend it to anybody trying to kick the habit Michael McIntyre Achieved for me a thing that I thought was not possible to give up a thirty year smoking habit literally overnight It was nothing short of a miracle Anjelica Huston Instantly I was freed from my addiction I found it not only easy but unbelievably enjoyable to stay stopped Sir Anthony Hopkins **The Easy Way to Stop Smoking** Allen Carr, 1985-05-16 If you follow my instructions you will be a happy non smoker for the rest of your life That's a strong claim from Allen Carr but as the world's leading quit smoking expert Allen was right to boast This classic guide to the world's most successful stop smoking method is all you need to give up smoking You can even smoke while you read There are no scare tactics you will not gain weight and stopping will not feel like deprivation If you want to kick the habit then go for it Allen Carr has helped millions of people become happy non smokers His unique method removes your psychological dependence on cigarettes and literally sets you free 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 MRCGP Allen Carr explodes the myth that giving up smoking is

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Reviewing **Mind Over Nicotine How To Quit Smoking The Easy Way**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Mind Over Nicotine How To Quit Smoking The Easy Way**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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