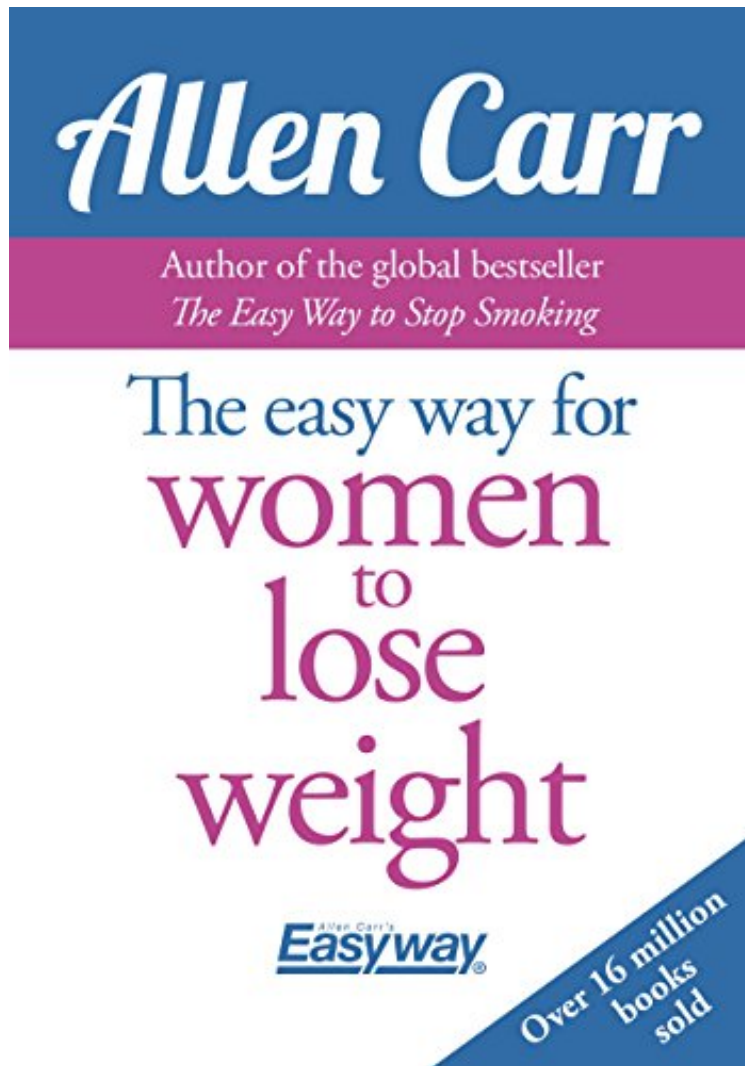


The Easy Way for Women to Lose Weight

Allen Carr Carr

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#82828 in Books 2017-01-01Original language:EnglishPDF # 1 9.02 x 1.00 x 5.981, .0 #File Name: 1784282634256 pages | File size: 30.Mb

Allen Carr Carr : The Easy Way for Women to Lose Weight before purchasing it in order to gage whether or not it would be worth my time, and all praised The Easy Way for Women to Lose Weight:

0 of 0 people found the following review helpful. I am going to do thisBy CustomerI am going to do this. It makes a lot of sense. I am still a little scared, but think it might be a reaction to the last sugar I've eaten. I am reminding myself that it will be easy and that I am noacute;t depriving myself of anything.0 of 0 people found the following review helpful. Great book. Makes perfect senseBy CustomerGreat book. Makes perfect sense.9 of 9 people found the following review helpful. good theoriesBy GraceI think this book has very good recommendations and help you decide which things are better for your body. I'm not a vegan and I will not become one. The hunger scale is a very

useful tool you can use on a daily basis. You have the "junk margin" which are meat and dairy, they just tell you the majority should be vegetables in your plate. Then it describes sugar as it really is, an addictive substance that, if you eat, you are going to crave. What I liked the most is his theory of why we eat, now I identify when I stress, anxiety or bored eating and stop before. I think this book will help me to reduce my food intake, which is another recommendation, watch out for your intake and everything will fall in place. Last but not least I do exercise 5 times per week and I always thought it should help me to lose weight, but in the book exercise is just a recreational activity.

Eat as much of your favorite foods as you want, whenever you want, as often as you want, and be the exact weight you want to be without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe? Read this book. Allen Carr has guided many millions of people to ditch their addictions. His method really works.

About the Author Allen Carr (1934-2006) was a chain-smoker for over 30 years. In 1983, after countless failed attempts to quit, he went from 100 cigarettes a day to zero without suffering withdrawal pangs, without using willpower and without gaining weight. He realised that he had discovered what the world had been waiting for the Easy Way to Stop Smoking and embarked on a mission to help cure the world's smokers. Allen Carr is now recognised as the world's leading expert on helping smokers to quit, having sold over 15 million books. His Easyway method has been successfully applied to a host of issues including weight control, alcohol and other addictions and fears.