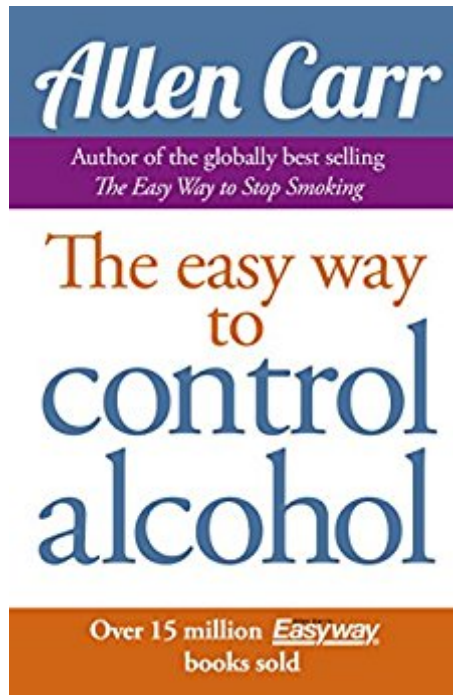




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Allen Carr's Easy Way To Control Alcohol



Synopsis

Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally best-selling *Easy Way to Stop Smoking* has been published in over 40 languages and sold more than 10 million copies. In this classic guide Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple, step-by-step instructions, he shows you the way to escape from the alcohol trap in the time it takes to read this book. His unique method removes the feeling of deprivation and works without using willpower. Allen dispels our illusions about alcohol, removes the psychological dependence and sets you free to enjoy life to the full. "I would be happy to give a medical endorsement of the method to anyone." Dr PM Bray MB CH.b., MRCGP Praise for Allen Carr's *Easyway*: "His skill is in removing the psychological dependence" - The Sunday Times. "A different approach. A stunning success" - The Sun "I was exhilarated by a new sense of freedom." - The Independent

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Customer Reviews

Before I begin, I just want to say that this is the first review I have done for despite being a Prime member for 6+ years. I know I know, you may be thinking I am some lazy bum who does not care about his fellow shopper....OR realize that this book has made such a large impact on my life and want to share it with as many people as possible. My goal is to give a little background about myself, my struggle and the solution. Even if just one person gets something from this then this review will be a success. Now a little about myself... I am 26, I have a successful job in the construction industry, have a great group of friends and family and my whole world revolves around cars. Talking, wrenching, watching, driving. It is in my blood. This seems irrelevant now but will make more sense later. I went to a great high school, played all the sports, never did drugs or drank in excess. Yes, I went to parties but it was not a every weekend event. Continued on to college and got a two year degree. I was paying for myself so I could not afford the required classes to get my Bachelors degree and in search of a job I ended up getting into construction. By the time I was 20 I was probably drinking twice a week steady with some of the older guys I worked with. I turned 21 and without realizing it my drinking had shot through the roof. I was going out and buying this or that to try whether it be hard alcohol or microbrews. I did not think much of it since I was just doing what every other 21 year old was doing, right? Around the age of 23 I realized I had a major problem on my hands. I was buying a pint of Jagermeister a night and could slam the entire bottle in one shot. Of course I left out some details in those two years such as I gained about 60 pounds, ruined the relationship with the girl of my dreams whom I dated for 5 years, I lost touch with friends I had known for years, was now socially and personally using drugs (weed, pills, coke) because I was trying to reach a "new drunk" since I had such a high tolerance and I lost touch of reality. But I always made it to work in time, I made new friends, bought bigger clothes and was just telling myself one continuous excuse after another. So I continued to drink like a fish. Anything and everything. I can not tell you how many times I would slam that pint of Jager, and within an hour was driving to the local liquor store for another pint because I started to early (5:00pm) and didnt want to lose my buzz before bedtime. Being blackout drunk was almost a nightly occurrence and the hangovers just became the normal for me. But again, I kept it to myself and figured I would deal with the issue later. I eventually went to an AA meeting and what the people said there really made sense. They had the same issues as I did. But I did not know how to dedicate an hour a day to it, but more importantly, let everyone know that I was an alcoholic. I did not want that label. I tried stopping through willpower a dozen or so times. That would last about two weeks tops before I gave myself another reason to drink. I would google things and tried the Kudzu root and the vitamin

deficiency programs, etc. Nothing worked. I knew I had to stop before I killed myself or someone else. I could not live my life like this. I stumbled across "The Easy Way to Control Alcohol" on , read some reviews and based off them, it almost seemed too good to be true. I ordered it and was nothing but doubtful. Once I received the book I did not open it up for about three weeks. Why, I am not sure, probably because I would have rather drink than read. Once I started, you are given very specific instructions, one of which is continue to drink like normal as long as you read the book sober. I would read a dozen or so pages at a time about every three days and I really took my time, did what he said and comprehended what he wrote. The entire time I was nothing but doubtful that this would work however in the back of my head I was jumping for joy hoping it really would be as easy as Carr said. When I got to the last chapter it probably took me a week to finish it. I was just so apprehensive and nervous for the "final instructions." I did it, I completed the book but nothing felt different. Did it work? I went to work the next day and on the way home I avoided all the liquor stores. But it felt more like when I try to quit with the willpower method than a permanent fix. I stayed sober that night. The next day I went to work and did the same thing, avoided the liquor store stop on the way home but only because I felt like I had to. I was walking up to my front step of my house when my best friend whom I have grown up with was working on his car and he yelled over. He asked if I wanted to give him a hand putting a part on his car when he gets off work (9pm). Then it all clicked! Right then, right there, it all made sense. That was my "Eureka!" moment. I was free. No longer a slave to alcohol and my life revolving around it. At that moment I realized I no longer had to make up another excuse or text him the next day saying how I "fell asleep" when in reality would rather get in a drunken coma than hang out with my best friend and work on cars. So many times I had left car shows/events early or blew off working on a car because I wanted to get drunk. At that moment I knew I would never have to make that decision again and it felt incredible. Everything Carr said fell into place and not only was I going to be sober, I was going to stay sober and it was going to be easy. I am proud to say I am currently six weeks sober, I have not felt this good since I was about 20 and I have zero desire to drink. This includes going to the bar for lunch with my co-workers, bowling in a league once a week, celebrating New Years Eve, my birthday and attending a wedding. It is a feeling I cannot describe to say I have beaten alcohol. I know my review has been a little longer than you probably wanted to read, and I could still write more but I just wanted to show that I was your typical jock in high school, I was successful at whatever I tried and alcohol still dragged me down to its level. Even then I was still a functioning alcoholic but that did not make it ok. I also wanted to establish just how much alcohol I was drinking on a daily basis and was able to stop just like that. This book is your answer if you have a real desire to quit drinking. You

need to follow Carr's instructions exactly as he says, take your time reading it, have an open mind and digest what he says. Just because you finish it does not mean you're magically cured. You may have to re-read it or let it sink in for a few days. It has changed my life and I am forever thankful for it. I cannot wait to update this review and let everyone know how my sobriety is going and the positive changes it has led to. Thank you for reading and if you have any questions do not hesitate to ask.

The title is somewhat misleading. The book is chatty and he takes a roundabout way to get to his point - namely that alcohol is an unnecessary poison, and if you think about it rationally you won't view stopping as any sort of hardship. I think of this as an oversimplification of a complex issue, and the book is about quitting more than controlling.

It was a very interesting read. A bit repetitive but I suppose it must be to get the message. A few takeaways I learned. I'm a problem drinker, meaning I average 6 bottles of wine a week (average meaning it could be wine, beer, etc. - but in terms of volume, that's how much). I still have my job, my family and house and I've only recently (last 6 months) noticed the craving and the continuous waking up feeling horrible and anxious. I totally agree with everything Allen has stated EXCEPT a few. With stress, alcohol does help in relieving that stress. However, just a little does and it's at that point when you go overboard that it creates more stress. The key would be to find the answer to stopping after 2 glasses. The warm feeling when you have your drink (mine is after 5pm still) that soothes the busy day of work, kids at home screaming, fighting, bored and the husband who still has me doing 80% of the work. It's so common among my friends. Another point I don't agree with is the taste. During my reading of the book, I tasted so many different types of alcohol. Some I normally drink and some I drink on occasion. I totally agree that red wine tastes like poison. ALL hard alcohols taste like poison when on their own. There are certain beers I love to drink and that I really enjoy the taste. I love the taste of Saki. I love Rose wine. I had a virgin margarita the other night to see what it would taste like and it was a glass of sugar..gross. So I don't agree that alcohol tastes bad. I've decided that there's certain ones I will not drink anymore because I was tricked into thinking they tasted good. I'm working on cutting down. I know Allen Carr says "why cut down", but I do enjoy drinking. It's not easy to control your alcohol but if you make a firm commitment to cut down, it becomes normal. If you are an alcoholic, I think some sort of program would be a best fit. I have never met someone who has been "cured" by Allen Carr. I also read his book on stop smoking. It didn't work for me. The only thing that worked for me was getting Melanoma. From the

day I discovered it, I never smoked again. Its the fear and bottoming out that will make you stop.

This book was no way as good as Allen Carr's Easy Way To Stop Smoking. Allen Carr had a struggle and fight against smoking so his heart was in what he wrote. I get the feeling that the publisher might have said, "How about we do the same kind of book, but about alcohol addiction this time?" So this book didn't have any ground-breaking advice in it and wasn't from the heart. I'd have to give Allen Carr's Easy Way To Stop Smoking 10 out of 10 however. It may not work for everyone, but a big majority of people have been helped by his sound advice. To be fair though, there are some interesting points to ponder and actionable ideas. It's not bad. Do I regret buying it, no - am I excited that I bought it, umm . . . not really if I'm honest.

I have read many books on alcoholism. This one is by far the best. It is easy to read and understand. He sets a foundation that builds throughout the book on why so many people fall into the trap of alcohol. I would recommend this book to anyone who is struggling with alcoholism. It has completely taken away my desire to drink. I found this book by reading the reviews on another book, and I am so blessed I had to write a review. Thank you Allen Carr for your straight forward book. It was a pleasure.

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