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Allen Carr's Easyway | Set Yourself Free

Easyway to Stop Drinking Alcohol ... - Allen Carr's Easyway

Over the last 30 years Allen Carr's Easyway have helped an estimated 50 million people in over 50 countries worldwide to be free. We can help you too. "In debt, paying it all off, getting in debt, paying it all off etc etc. Bringing it all together in the forefront of my mind has helped me accept that I am in debt and I am now getting out of it.

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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 putting on weight.

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Allen Carr's Easyway method has been clinically proven in two randomised controlled trials. The results show it to be as good as, if not better than the UK's gold standard NHS 1-1 Stop Smoking Service 1 and almost twice as effective as the Irish Governments Quit.ie service 2.It does not require the use of any drugs or nicotine products.

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