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Allen Carr worked as a financial adviser until in 1983 he managed to quit smoking effortlessly. Driven by the growing interest that aroused his method, he decided to devote himself entirely to liberating the world from the need to smoke. Afterwards, he applied it to other problems that prevent large numbers of people from living a normal life. It is easy to quit smoking if you know how, It is easy to succeed, It is easy to succeed, It is easy to succeed, It is easy to overcome the fear of flying, It is easy to control alcohol consumption and no more diets, also published in Espasa. NO MORE RESACAS Allen Carr NO MORE RESACAS Allen Carr Original Title: Allen Carr's No More Hangovers Translation: Clara Moran Calvo-Sotelo Collection Interior Design: Heirs to Juan Palomo Design and Cover Image: Juan Pablo Rada Zebra Step Photo by author: CAMERA PRESS/Dominik Gigler - Press Press © Allen Carr's Easyway (International) Cordon, Cordon 2005 © Espasa Calpe, S.A., 2008 Legal deposit: M. 840-2008 ISBN: 978-84-670-2806-5 All rights reserved. It is not permitted to reproduce, store in information retrieval systems or transmit any part of this publication, regardless of the means used — electronic, mechanical, photocopying, photocopying, recording, etc. Espasa, in its desire to improve its publications, will appreciate any suggestions that as readers do to the editors via email protected] Printed in Spain / Printed in It is a great pleasure for me to dedicate this book to Crispin Hay. Cris is not only a close friend and colleague, but also the discoverer and leader of easyway method to help others escape the tyranny of the bottle. Without your commitment, experience and compassion this book would never have been possible. Introduction In 1983, I discovered something that every fu-mador dreams of: an easy way to quit smoking. I am now recognized as the world's leading expert in quitting smoking. My book It's Easy to Quit Smoking has sold over five million copies, and my network of clinics is spreading across the globe. But my success has not been limited to smokers. I have helped in a number of problems, from overseating to fear of flying, to dependence on Substances. The irony is that for years I was a great consumer of most of the drugs available on the market. I found the solution to the predicament I was in, and now I'm happy to share it with you all. Alcohol is all over the UK it is consumed by 90 per cent of adults. But few stop questioning their reasons for drinking until they catch a similar one. The media does not help precisely by spreading unambiguous messages such as alcohol and drugs. Drugs. A better term would be alcohol and other drugs or simply drugs, because alcohol is a drug. The society we live in marginalizes the use of almost all kinds of drugs, but with the alcohol roles change: people ask why you don't drink, in this community a lot of people think you're a weird person. What kind of drinker are you? Maybe you're the typical drinker who's had more than one hangover. You may suspect you have an alcohol problem or you may be completely convinced that you are an alcoholic. No matter what kind of drink you are, you've chosen this book for a reason. Whether you're interested in controlling alcohol, or want to quit completely, here's the answer as long as you follow six very simple instructions. You may find this a somewhat outlandish request, but it is definitely worth a try. If I'm wrong, you've thrown away what a few drinks cost and some time you spend at the bar. But if I'm right, your alcohol problems are over. The first four instructions: 1. Follow all instructions. 2. Read the book only when you are sober. 3. Read lib book ro an estr estric icto to the order of order, n, desd from the principality to the end. 4. Unless you have been here for several days without drinking, r, not int inten ente tess abste nert rtee de beber ni redu reduci cirr la consum umoo until you have read and understood the whole book. Think of the solution to your dilemma as a precious treasure hidden in a safe. Here are the numbers that open that sure: 293658 Do you trust that you will be able to reach the tax? But are they in the right order? I just gave you the numbers that open that sure: 293658 Do you trust that you how to follow. The combination that opens the safe is 265839: same number, second order. Imagine that each of the instructions is one of these numbers. If you ignore one of the instructions or interrupt the sequence, the safe will not open. For example, if you tried to stop or reduce alcohol consumption before the book, at some point you would feel incomplete and you would fail. Open your mind Chances are you would have assumed the combination was in the right order. Of course, we're always making assumptions. These are the remaining two instructions: remaining two instructions: remaining two instructions: These are the positive. Someone pessimistic always sees the bottle half empty; the optimist sees her half full. There are two ways to look the same. Since optimists tend to be happy, it would be a good idea to choose the half-filled bottle option. You have nothing to lose and much to gain. The real question is, what's in the bottle? What is alcohol? Alcohol is a diuretic A diuretic is a drink that makes you thirsty. That's why you wake up at three in the morning after a drunken night with your mouth like the dry riverbed and a single head idea: water! If alcohol were to be cut off, the last thing you needed, after all the liquid, would be more liquid. The fact that there are people able to drink more than eight liters of beer shows that alcohol craves: You wouldn't drink eight liters of water even if you tried! Alcohol doesn't gueb your thirst or tastes good that an alcoholic beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage. The same principle can be applied to taste: that an alcoholic beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage temporarily guess. drinks or juices mixed with the alcoholic beverage. We wouldn't have to sweeten the pill that way if the alcohol is a poison Alcohol is a poison Alcohol is a poison Alcohol is produced by letting fruit or other plant macerate, which is why I always find it a little absurd to hear winemakers describe their products as attractive, fresh or available. They're talking about a very potent poison! A glass of pure alcohol would kill you. Why do you think it makes you puke? Not that it's particularly nice, but don't avoid it, it's life insurance! The more alcohol a drink contains, the harder it is to swallow, so you can swallow beer, but not whiskey. I accept that if you continue, you can buy a taste for a single whiskey. But if you look like me, you probably remember the grimaces you made the first time you tried alcohol. A few years later, I would put whiskey in my body as the world would end. But the taste itself had not changed. It was my perception of taste that had changed. The taste does not explain that we continue to do it I like bananas, but if one day I ate too many, and the next morning, I would wake up with a huge headache and want to vomit, would repeat the feat the same day. If bananas caused me half as much trouble as alcohol, I would never get close to a banana in my life again! I'm sure alcohol has caused you some other problems or you wouldn't have started reading this book. Do you really think you can take it for a matter of taste? Don't you think that alcohol is an addictive substance can have something to do with it? Alcohol is an addictive substance can have something to do with it? Alcohol is an addictive substance can have something to do with it? Alcohol is an addictive substance can have something to do with it? Alcohol is an addictive substance can have something to do with it? Alcohol is an addictive substance can have something to do with it? Alcohol is an addictive substance can have something to do with it? 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Alcohol is an addictive substance can have something to do with it? Alcohol is an addictive substance can have something to do with it? Alcohol is an addictive substance can have something to do with it? Alcohol is an addictive substance can have something to do with it? Alcohol is an addictive substance can have s usual use of senses and reason. In fact, alcohol affects our abilities, including self-control. Most people have, let's call it a checkpoint between the brain and the mouth, that prevents us from getting into trouble. Alcohol short circuits this brain cord, ie reduces inhibition. It's the worst of it all. That's what causes people to show fake displays of love for strangers in a bar, and then go home and envy their loved ones. 'It's alcohol that speaks! A lot of people use alcohol as a social lubricant and you might think there's something wrong with having a few drinks to loosen their tongues when you're in a social gathering. But while alcohol can make you feel absolutely fascinating, it doesn't necessarily have to be true. Listen to a conversation between, but do it when you're sober. You'll realize how interesting it is when you're drunk. The cure for shyness Now, when something embarrurs me, I try to forget my shyness and help others overcome theirs. Ask them about their work or their children. They'll think you're a great narrator, even if you've barely said a word! And it won't give you a hangover! If you are so shy that my suggestion horrifies you, take solace in this: shyness can be a very attractive quality. I'd much rather spend my time with someone a little shy than having to listen to the pointless boast of sweaty, swollen, turkey-swollen because of how important they think they are. Have we ever been fooled by one? Do we regard them as dynamic types who face life's great challenges? Or do we see them more like the usually shy men who become prepotent when they barricade themselves in a big car? When a regularly docile person rudely treats the waiter for an indifferent matter, do you think, I never noticed that the guy was so hefty? And when this accountant starts dancing half-naked at the office table on Christmas party day, you think, the guy is a free spirit! I wish I was like that! or drunk bravado? Do you really want the kind of confidence that alcohol creates? The saddest thing about it is that it is completely wrong and everyone knows it. The problem with using alcohol for this purpose is that you tell yourself that you lack real value. After a while, you start to believe it, and you end up behaving like it's true Authentic value My dictionary defines it as acting despite fear. Would you say that an ostrich is brave when he buries his head in the sand at the first sign of danger? No, it's just taking the danger out of sight, which is a long way from beating him. In certain situations, alcohol may temporarily reduce fear, in which case less authentic value would be required. Therefore, resorting to alcohol in this situation would prevent you from being able to in order to get all the true value you possess. Look, defend and run And you want to ask yourself: If it helps me cope with the consequences, what does it mean that I rely more on alcohol than my own courage to get out of difficult situations? But value is like a muscle: the more it gets stronger. Moreover, when he buries his head, the ostrich does more than take the timid motif away from sight; he deprives himself of three other faculties essential to survival: the ability to see, defend and escape. Getting drunk can reduce fear in certain situations. It is certain that it damages the sense of vision and coordination. And from there, the terms go blind or go doing eses. Flying in fog Driving when there is fog scares, even if you go at the minimum speed and in broad daylight. Imagine what it must feel like to fly a plane between a mountain range, in the fog and at night. And now he's trying to imagine what the pilot would feel like if he suddenly realized that the radar, the altimeter, the fuel meter and compass started to seem bad. But can you imagine the pilot deliberately skidding all these instruments into fake readings? He flies in a sea of fog between mountains that he knows reach a thousand and two hundred meters high. His altimeter says the plane's altitude is six hundred and ten meters: so the pilot manipulates it to say a thousand and five hundred. Don't you think that would be the ostrich's own behavior? That's exactly what we do when we drink alcohol. I've said before that in certain situations, alcohol can reduce fear. But if you knew that the situation would require you to use your mental and/or physical abilities, fear would increase. Of Because, while an ostrich can deceive itself by burying its head in the sand, the pilot would know that by interfering with the panel, the commando would be increasing the risk. In his case, fears would increase well. The only way the pilot could put away fear would be by acting. How? Rising altitude. Survival of species In fact, ostriches do not bury their heads in times of danger. No species would have much chance of survival by adopting such a stupid tactic. We all depend entirely on our senses and instincts. We think of fear, inhibitions, stress and nerves as something really harmful, but they are actually vital components of our instinctive survival mechanisms. By using a drug, you will be disruptive with them, and therefore it will be like embarking on a journey as suicidal as the pilot who toys with the altimeter. Lost souls? Some people are born without normal instincts: without inhibitions or fear, without the scruples of harm to themselves or others. They behave like the worst of, even when they're sober. Most of them are in asylum, for their own good and for the senses: completely blind or deaf, or without a sense of taste, touch or smell. You want to envy one of those people? Would you get into a car with a blind person behind the wheel? Ethyl Lucie but disabled people are aware of their limitations and adapt to their situation accordingly, while even a minimum of alcohol damages your abilities, and more than you can think of at the time. For many years I was one of those idiots convinced that they run better with a few drinks on them when the truth is just the opposite. Alcohol has a similar effect on wit: everyone thinks it's Oscar Wilde, while drunk when all they actually do is prove repetitive and incoherent. This effect is not limited to driving and social skills: alcohol makes you feel better able to do something, even if it's the opposite. Do you really want to go through a life like that? Lethal combination Alcohol places people in very dangerous situations while maintaining risk awareness. Drink-driving is just one example. Let's see someone else. When returning from a nightclub, a teenage girl should be careful when a stranger approaches her. If she is drunk. she will not have the advantage, so it would be very possible for her to agree to get in any suspicious person's car. If something terrible happened, he would be Aware. Very often, the moment a potential danger becomes real, fear stops diminishing at the effect of alcohol to increase. I'm not just talking about physical risks, let's say you're worried because you made a mistake at work. Then on the way home, stop for a few drinks to get the problem out of your head. But while you're at the bar, your boss calls you to tell you he wants you to come back to the office right away and find out. By the time your anxiety starts to increase because you know that in your current state of disability, you will find it even harder to solve the problem. And you'll have to go through the embarrassing farce of pretending you're more sober than you really are when it's obvious to anyone who's in a pathetic state. Drugs don't work. A good night's sleep won't give you the solution either, but you'll recharge the batteries and help you see the situation with perspective, which will help you make a mountain out of a grain of sand. Review your acquaintances. Who are the most stressed and nervous? Aren't they exactly the people who look for drugs, like alcohol or nicotine, the way to deal with stress and nerves? But a little stress and nerves are considered more of a disease than the faculty of a healthy human being that works perfectly. When a door slams shut and we take a breath, we tend to say something like, I'm tired of my nerves! When this reaction is a sign that your nerves are perfect. And stress is no more harmful than a fire alarm. Worrying about something is nothing more or less than a premature warning. It was the fear of drinking that made you take this book and that's the most important thing. If alcohol gave you confidence, courage, peace and relaxation, do you think you'd read this book? Setting a fire with gasoline inhibitions, fear, nerves and stress, which at night was reduced by alcohol, is extended the next morning. As I used to say to people, if you had the problems I have, you'd drink as much as I do. But I ran out of arguments when a real friend replied: If I drank as much as you, I'd have your problems. Thank you, Steve, for saving my life! It is the key to understanding the illusion of relaxation. Do you think alcohol relaxes you? When you see a drunk punk menacing people with a broken bottle, what's your first reaction? You think, Quick, give him another drink to see if he calms down! This hooligan works that way because alcohol has mitigated any sense of responsibility it may have, and it is precisely this mitigating effect of alcohol that gives rise to the illusion of relaxation. It doesn't solve your problems, it just temporarily cushions the anxiety that can cause you. But it's alcohol that's causing most of the problems to begin with. It's like hitting your head against the wall hard until there comes a time when you lose consciousness and stop feeling pain. Do you sound? In fact, this latter analogy is particularly appropriate because a drunk behaves very much like someone suffering some kind of brain damage The word anesthesia means lack of sensitivity. How can an anesthetic really relax? If you go through this drug, you lose all consciousness. Is that what you call relaxation? Do you think a beaten boxer is really relaxed? It is true that in these moments he is unaware of all his problems, but it is not quite the same. It's impossible to feel relaxed – in fact, it's impossible to feel anything – when you're unconscious. Being really relaxed is not being dazed Maybe you are able to see that drinking until you fall into a coma does not solve anything, but think moderate alcohol consumption helps you relax. Let's say the boxer gets up before the referee counts to ten, but he is still reeling as he is dizzy and confused. You call that relaxation? No: If unconsciousness is not the same as relaxation, the same can be said of a state of alertness. It's not about taking worries and worries out of your mind, it's about feeling completely free of them. «But there is not a single person on the planet without worries! True. But we can enjoy moments of complete calm. And you won't help you! Nor will it make you forget the problems completely. The truth is that this is not a particularly effective anesthetic, so unless you drink until you become a coma, your anxiety will not go away even when you are drunk. When I was afraid to fly, it was of no use to me to drink because I regained sobriety as soon as the plane took off and was still terrified. If alcohol was an effective anesthetic it would be used in hospitals Alcohol would lose the effect as your body develops tolerance. Tolerance is to create a resistance, in this case to alcohol, so that it becomes more and more ineffective when it comes to making you forget the problems that alcohol itself creates. Take the test. Write down your biggest concern in a role right now. That could be your alcohol problem. From now on, until you're done reading the book while you're having a few drinks, check out the note. Do you feel happily free of your problem? How can we all be fooled into thinking that an anesthetic and depressive drug is a real point of support and pleasure? It occurs by osmosis A child's brain is susceptible as a fungus, and children tend to absorb many of the beliefs, opinions and prejudices of the adults around them. This may also apply to alcohol. Most of us are stunned when we hear the news of young alcohol consumption. But are we surprised that our children are attracted to this drug? Most adults eat it, and most get something good out of it, or that's what young people assume. We have no reason to catch a fattening. We inherit them from the culture we grew up in. Under great influence When I was young, Hollywood was the great factory of illusions: the glamorous lead actresses who always had a Martini in one hand and a cigarette in the other, or the actor in action movies fond of garrafón whiskey. Today is such bombardment by the media that we are able to be manipulated even in the comfort of our homes. We can be influenced by our relationships, people around us, TV, movies or fashion magazines. At a very young age, we all get a picture of alcohol: we swallow the idea that drinking is adult, it's a sophisticated and sexy thing. Double patterns But the message we receive endless sermons about the terrible effects of addiction and the dangers of alcohol abuse. And often it's people who know the bottle who throw the sermons. If you get the feeling that you enjoyed the first few drinks of your life, it's probably because of the psychological effect of playing with fire, the sweet taste of rebellion, or the feeling that you're finally a member of an adult club. Initiation rituals I grew up in a social environment where three were the most important events of a boy's life: losing his virginity, passing the driving test, and that first beer you had at the age of sixteen, under the awakening eye of your proud father and his colleagues at the bar. Today it has become a glass of wine at home, but alcohol remains the only drug that many parents actively encourage their children to consume. The emperor's new costume For when the new thing about alcohol consumption begins to weaken, we have already developed a certain tolerance. It's much easier to fool yourself about how nice something is when it doesn't seem very uncomfortable. As it is easier when everyone else also deceives themselves. The alcohol industry invests astronomical amounts of money to persuade us to see alcohol in a different light, but the best way to advertise will be through other drinkers. Since 90 percent of the adult population drinks, we're talking about a very strong sales force. The structure of society is dipped in alcohol It is consumed by births, baptisms, Easter, Christmas, birthdays, graduation ceremonies, weddings and funerals. An alcohol-free social event? Sounds like a contradiction in itself! But with the exception of funerals, all the situations mentioned are extremely pleasant celebrations. If a group of friends are having fun at a birthday party or bar, it's not because they consume alcohol! They enjoy themselves because they laugh at people they like to be with. It's the same atmosphere that can take place in the dressing room before a football game, a situation where no alcohol has been consumed. Win or lose, get the booze over! When the game ends, do you think the winning team needs alcohol to feel happy? No. They are really placed as the whistle marked the end of the match. Many times they don't even drink champagne, but they just water those present with it! Do you think the atmosphere in the dressing room of the defeated team goes from sadness to joy when you have a drink? Or has alcohol — a depressive substance — further depressed them? Is the mood because of alcohol or the situation in which it is consumed? When I was a financial adviser, often when I got home from work, I would play some music, earn myself a drink and put my feet up. He took a sip and let out a long sigh of relief long before the drug could have taken effect. But if it is already very pleasant to come home after a hard day's work! It's not the alcohol we taste, it's the scenario where there is only alcohol, bottles and bottles of what take, but no rides like TV, books or music, nothing that can distract you from the feeling of getting drunk. You'll see how much fun it is. If it was alcohol that caused us so much joy, we would enjoy the same thing in an empty room as in a bar full of people and laughter. The icing on the cake? Almost all the situations where alcohol is consumed are pleasant in themselves: at the end of a day's work, Friday dinner in a restaurant, parties, romantic dinners, going out Saturday night to a bar with some friends. But are you sure that alcohol makes those moments even better? Are you sure it makes fireside sex an unparalleled experience? Are you sure it makes you appreciate music better? Really? An anesthetic is a drug that numbs the numb brain in the face of both pain and pleasure. But those who drink will believe in anything. Somehow they manage to even make sure that alcohol is a kind of smart bomb that erases problems and sorrows, but miraculously leaves pleasant experiences intact. And that's not how it works. If you drink alcohol to eliminate your problems and worries, you will suffer collateral damage: true pleasures will also spread. It's a camel! We have all been convinced that an adult's social function is not complete if he does not drink. But before you had your first drink, you knew how to enjoy life without alcohol. Kids don't need it. They have a great time for parties with refreshments. 10 percent of adults are perfectly capable of having a good time without drinking alcohol. In fact, the remaining 90 percent too! I'm sure you're able to remember at least one wonderful evening when you've consumed little and no alcohol. The illusion of joy It is not true that you can not have a good time without drinking. But if you think you won't be able to enjoy without a drink, you'll feel very unhappy until you have an alcohol problem, the joy of the occasion will be tarnished by that knowledge. The alcohol remains with icing on the cake and leaves you some crumbs to create the illusion of joy. And wouldn't you rether be fully present in each of your life's experiences? Why don't you become part of your own life? What's so great about being gone? The terms we use to refer ourselves to being drunk are very significant. Some refer to bodily functions, such as the fart, along with some others you might mention; others refer to the damage caused to any of our abilities, such as blind or do eses; and we also have the many coloristic terms like being bolinga, cogorza, pimplar, being triggered, carrying a good pedal, or the most representative of drunken mood, drinking to the water in vases. My medical dictionary uses slightly different language It defines the reaction time. numb mental processes; impair sentencing capacity, attention, self-discipline, coordination skills and visual acuity; and reduces sensitivity to sensory stimuli. A new perspective? Imagine what the effects of alcohol would sound like for someone who has never been brainwashed or warned of these effects, and who has therefore also been unable to develop tolerance for them. Imagine someone tricking him into consuming a large amount and suddenly finding himself unable to think, move, talk and look right! Do you think he'd find it nice or something really scary? Since walking as a container would be extremely uncomfortable for someone, don't you think it makes sense to think that getting drunk on purpose would be a little uncomfortable? Who's more creative? Most teetotallers do not drink because they are not at all attracted by the prospect of losing control, regardless of the degree. And in the event that they try alcohol, their beliefs are usually confirmed: both tastes and effects are unpleasant. Many children have a healthy suspicion of alcohol and therefore ask: Why do adults do it? The only people who are convinced how comfortable it is are the drinkers. Different views You may be one of those who think that people who don't drink are boring snarl, who wouldn't recognize what it's like to have a good time even if they had it in front of them. It is a perception that a lot of drinkers share, at least when they are full. But do you feel the same way when you're sober and the others go like vats? When you see a full punk doing eses on the street, do you think he's having a good time? In your opinion, when do you think you are best able to see intoxication objectively: when you have the trial damaged by the drug, or when you look at it from the outside? An instant cure Enter the center of any city on a Friday or Saturday night, but make it sober. Then you will see alcohol with objectivity! All are completely Kurdish. Usually sensible individuals do incredibly stupid things, things that wouldn't even cross their minds if they were sober. Do you really think that Do they feel better because they're drunk? I hate to be a party pooper, but... In the UK, 70% of people on Saturday night are alcohol-related, A recent of violent crimes and 42 percent of cases of gender-based violence. In another survey of men who were jailed for rape, 70 per cent admitted to drinking before committing the crime. In more than 20 percent of murders, alcohol is present. Official figures show that around 1000 suicides in a year are alcohol-related. I imagine that the actual figure will be even higher. And what about the people who are left behind? Alcohol causes more human suffering than all other drugs combined. Balanced balance I have highlighted the disadvantages of alcohol, so I will now also talk about the beneficial as-pecto. The benefits of alcohol gives you no advantage Let's pick up the analogy of the plane. Imagine you're one of the passengers on the plane going through a fog bank and you see the pilot giving a drink to a flask! Then why do you think if you do that, you're well done? You're the pilot of your plane. The human body is an extremely complex machine. It automatically provides adrenaline and other substances when we need them and in the quantities we need them. As for our brain, it's a much more sophisticated computer than you can find on any plane. Do you really think you can improve something so brilliant just because you're taking a chemical that radically negatively affects its function? But we are more than just computer-run machines The ingenuity of the human spirit never ceases to amaze me. Look around! Every day people called normal and ordinary act of amazing heroism and didn't drink alcohol for it either. The Two Lies The Alcohol Trap consists of two outrageous lies that an exorbitant 90 percent adult population has swallowed without even squeaking at them. The first is that people are weak and incomplete in some way, and the second is that alcohol compensates for this supposed deficiency. It's as if someone who doesn't have a broken leg buys some crutches gnawed by carcoma. Inside the insect-eating plant. Part one If alcohol consumption does not provide benefits, can you say that regular drinkers are in control of the situation? Have you ever seen a Insectivorous? It's shaped like a jug or a vase. The scent of its nectar attracts flies, like perch on the edge of the jug to release it. The slope at the top is so small that the fly does not realize that it is being attracted to the inside of the plant. When you want to notice, the slope is too steep, even if the fly is too concentrated in nectar to notice. When you've already crossed your neck on the jug, you can see a lot of dead insects floating pond at the bottom. But he knows he can fly out whenever he wants. So he thinks it's safe to keep clinging to nectar. When she's already released enough nectar and decides to fly out, she's

too swollen to do so. The fly starts to panic, and the more it tries to escape, the more it gets stuck in the sticky nectar, making it weigh more and more until it is impossible for it to cling to the walls inside the plant, already vertically. The fluid at the bottom is not the fly lose control? It must have been before it fell into the pond of digestive juice. Or was it when he tried to escape and realized he couldn't? No, that's when he realized he'd lost control, so it had to be before. Was that when you saw all the dead insects at of control. Part One of these phases, the fly could have escaped if it had wished. But he didn't want to, because he didn't know he was in a trap. The fly was never in control. It was being subtly controlled by the plant from the moment it caught the smell of necessity believe that alcohol is like nectar for humans. Let's apply this analogy to a real-life case: to Fred, a chronic alcoholic in some slum. Fred didn't start his drinking career by putting on a bottle of ethyl alcohol a day: at the time he got off to a seemingly harmless start he drink he drank was a ready one in a nightclub when he was just a teenager. At twenty, Peace was one of those children who thought he enjoyed drinking and would never be a problem for him. He became scared at 30 when his drunken colleague needed treater.	the bottom of the plant? Or was it somewhere on the gradual slope? The illusion ctar. Inside the insect-eating plant. Part Two From an early age, we are made to tart. Let's follow the whole process until we hit rock bottom. The first alcoholic
extremes, he would just stop. At forty, a series of embarrassing incidents peaked on the day Fred was arrested for drink driving. So he tried to stop. The problem was that he thought he was sorry to do something that was a real support in his life and a pleasure realized he had a very serious problem. Panic caused him to seek even more refuge in the bottle; He lost his job, his friends and his family, and within a few years drank ethyl alcohol on the street. Loss of control. Part Two There are several definitions of dependent had to be before he started drinking ethyl alcohol. Did it happen during your vain attempt to leave it? No, that's when he realized he'd lost control, so it had to be before. Was that when your friend started getting treatment for alcoholism? Or was it at scontrol. Part Two Many people will hold that Fred was still in control in one of these two phases because he could have stopped and avoided disaster. But he didn't stop, nor did he want to do it because he couldn't see the coming disaster. Understand it that we beverage. The big picture For many years peace seemed to be in control, everyone told him he had it and he believed it himself. But like insect-eating plant fly, it was being subtly controlled from its first sip. Regular drinking is in exactly the same position. Mos	re. When he inevitably sank into ten days of uninterrupted celebration, he endency, and defining it as loss of control is not bad. So when Fred lost control? some point in his youth that he thought he enjoyed drinking? The illusion of way. You'll realize that Fred lost control when he tasted his first alcoholic
about the way all drinkers slip through alcohol well, in-dependent on how much they drink. Regular drinkers and alcoholics drink for similar reasons The difference is that alcoholics start drinking earlier! All drinkers should think that this drug gives them a real be and have fun doesn't come in a bottle! Both are inside one and nothing can replace them. When a person resortes to alcohol instead of looking through their own resources, they tell themselves that these resources do not exist. And that's not true, but if you be that the drink gradually undermines the value and ability to enjoy the life of the usual drinker, it is for the same reason that they they see it: precisely because it happens gradually. This is the most deceptive part of the descent through the well of alcohol: we do not blame the real culprit, but we seek justification in the aging or the circumstances of our lives. The first fatal sip Most flies down the throat of the insect-eating plant at the same rate: quit	ora and/or a pleasure, otherwise they wouldn't drink. But the ability to face life believe it, maybe it's true! Death of a thousand injuries If you find it hard to believe o not realize that it is happening day by day. Only when we turn our heads are te fast. Then it is obvious that any fly that is in possession of the plant is in grave
danger. The teenager who drinks his first beer is in the same danger, but it's not so obvious because most people go down the well of alcohol very slowly, so much so that they think they can come out unscathed. Why doesn't everyone slip at the same speed on myriad factors, such as where you grew up, the general attitude to alcohol and the degree of availability, whether your parents and friends drank and encouraged you to do it, the type of work you have. Strong and dynamic people tend to fall faster: you have on remembering that most drinkers have strong reasons not to fall faster: they have family, a reputation and a life to maintain. Not to mention work: The vast majority of people have to get up early to go to work. One could argue that Fred had all that too, and refined realized he had a problem, so alcohol acquired the irresistible appeal of forbidden fruit. The critical point there is a point of alcohol well where drinkers feel he is hooked, panicked and trying to control what he drinks. It makes the victim's alcohol well drink more and less at the same time. It is discussed as the fly of insect-eating plant; and the struggle to get out accelerates the descent. Society studs from usual or social drinkers to those above the critical point, and from people who have	ve to be a strong person in body and soul to punish punishment. Put the brakes not because his fall was slower. But the difference between Fred and the regular cohol craving something even more precious. It is located at the really agonizing we a problem drinking or simply from alcoholics to those below. Social labels
Most people would accept without hesitation that there are several types of drinkers: usual, social, social drinkers who spend every time they drink, heavy-handed,, people who have a problem with 'alcoholics' and 'chronic alcoholics'. But these are only labels not for certain restrictions, many of these usual drinking would be found very easily in one of the latter stages. Watch ordinary drinkers see what happens to many of them when one of these restrictions disappears, for example, when they offer to take home the container! See what happens when you raise the wages of someone who doesn't have much money to spend on drinking. Or the career-focused person who would never drink on weekdays. See it when the weekend comes! See people when they're on vacation that are usually imposed, such as the weekly budget, work or whatever the neighbors will say, are temporarily suspended. A lot of people start drinking after breakfast when they are on vacation! Drinking in the morning is considered by ever drinkers become people who have a problem with alcohol during a holiday and resehave as usual when they return home? I accept that many usual drinkers will never get drunk, even on holiday; but that's because they are not able to see what is amazing by	ne person who would never drink and drive. Chances are it will get as a tion, especially if it's one of those trips where free drinks are included in the price, eryone to be a sign of a very serious problem. So these supposedly usual falling into an ethyl coma. And they're absolutely right! Doing something like that
to your body is terrible! But they must believe that this drug gives them something or they wouldn't consume a drop. Listen to what usual drinkers say that I wouldn't try to get much sense about what they say and focus rather on why they say it. I'm sure you've Sometimes I throw myself a month without drinking. Imagine me saying: The truth is, I can eat them or stop eating them whenever I want. Sometimes I throw myself a month without trying the bananas. Would you think, Clearly Allen doesn't have a problem with being able to spend a month eating bananas unless you have a serious problem with them? Without trying it for a month The drinker tries to prove that he doesn't have a problem. But the only thing that proves is the opposite. If you really think you enjoy drinking answer is that it does it because it gives you problems. And if you can really drink or leave do it when you want, why start doing it if addresses the problem? It's another no-brainer: it's a lie, you can leave it whenever you want. Drinking doesn't make them hat benefits and they feel incomplete without it. There is no better definition of alcohol addiction than that. Regular drinkers complain too much Many of these one month detention periods are frustrated attempts to leave him entirely in disguise. If they tell others the	ith bananas! or would you say just the opposite? What is so special about you ing, why bother to hold on for a month without trying the drink? The obvious appy, but they can't leave it. They have been convinced that this drug brings them ney leave it once and for all and they fail, everyone will know they are hooked. It's
better to keep your options open. In this way, they can hide the failure of success. Then comes the smile of adequacy when they say, I can go a month without drinking or I never drink three drinks or I never drink alcohol / during the week / before six, and so or realize that habitual drinkers violate their own standards as often as they maintain them. But why would they try to regulate what they drink if they hadn't because they've experienced problems because of alcohol? And why do they need to talk about it? They about yours. You may have noticed that many usual drinkers need to create their own point of view about what they drink. The most popular are: I do it only to be sociable not because I enjoy it, as if it were true, there would be no need to confirm even, because I only had to play football to be sociable, it would be like telling you that I don't really enjoy football. Similarly, when a drinking person clings to a rational statement of the type I only do so to be sociable he proves that he doesn't really enjoy drinking. And it also only drink people insist you share with them, even after you've turned down the invitation twice. Imagine that it is pineapple juice that you refuse to drink, and that whoever offers it to you said: Oh, come on. No, thank you. Come on! No, I really don't want to.	try to feel better about their own alcohol drinking habit by making you feel worse cause we usually do not feel the need to defend the true pleasures of life. If I said indicates that they feel they have a problem. Safety in numbers Alcohol is the Come on, don't be unsociable! Drinkers realize that even the illusion of joy
disappears if no one accompanies them. It's the occasion that encourages sociability, what if I've never heard of the corner bar? Of course you can, but you can also be sociable without drinking alcohol. It's just another example of the confusion between alcohol There are people who take it at certain social events and others who don't. Are non-smokers being inconspicuous simply because they don't smoke? Are smokers more sociable because they don't smoke? This means that the only way you can resist the presence of others is by numbing your brain. You have two great advantages over usual or social drinking: you know you have two great advantages over usual or social drinking: you know you have two great advantages over usual or social drinking: you know you have two great advantages over usual or social drinking: you know you have two great advantages over usual or social drinking: you know you have two great advantages over usual or social drinking: you know you have two great advantages over usual or social drinking: you know you have two great advantages over usual or social drinking: you know you have two great advantages over usual or social drinking: you know you have two great advantages over usual or social drinking: you know you have two great advantages over usual or social events and others who don't. Are non-smokers being inconspicuous simply because they don't smoke? Are smokers more drinking and the property of the confusion o	use they smoke? Is drinking more sociable just because they ingest a poison? nave a problem and you've decided to do something about it. That's why you took Icohol? When you ordered your first drink, did you think there would come a day Ititle less stressful? Tomorrow you won't be fooled by that trick. It's the scariest
element in the trap and it will have you hooked for the rest of your life if you allow it. No substance causes the stress of life to subside. On the contrary, it is increasing gradually because drugs generate most of this stress. It takes courage to decide to do some on, take a moment to face the decision to do whatever it takes to solve your problem. Don't worry: you have absolutely nothing to lose. If you follow my advice, you will realize that it is easy and comfortable and your life will improve amazingly! Think of the absolutely nothing chain of events, and if any of the coincidences that gave rise to your birth would not have occurred at the exact time they did, you wouldn't be here now. Painful things may have happened to you, but trying to find a way to escape through the bottle does not make a world full of difficulties more bearable, but turns a wonderful world into a hell of a lifetime. had the courage to come here in the book and in your life if you have wasted drinking the stretch of life that has happened so far, don't use it as an ex But it's never too soon either. This may be your last chance to solve your alcohol problem. You will soon make the decision on whether you will try to reduce consumption or quit altogether, but first, let's see if it is positive to aim to reduce consumption. Is it positive to aim to reduce consumption.	solutely improbable fact of your existence Your life is an important context in an e only causes more pain and you should know it or you wouldn't read this. Alcohol cause to keep doing the same with what's left! It's never too late to be on the side. sitive to aim to reduce consumption? You may be able to see that taking a good
fuck doesn't solve anything, but still have a feeling that alcohol gives you certain benefits when you drink it in moderation. The truth is that the effects of this drug are beneficial or not. How would you feel if your airline pilot said, we're flying over some mountain have six feet of visibility, I get a little scared. I'm sure you don't mind me tampering with the calibration a little bit, so it says we have 15 meters of visibility. No matter how deep you bury your head in the sand, it will always be stupid. It's so evident with other draw injection is unnatural! the same can be said about introducing poison down the throat. If you think, But heroin destroys your life! she reflects on the number of people you know whose lives have been ruined by heroin. If you're thinking, but heroin is illegal! so a some at the end of the day? You have to treat the cause, not the Symptoms Act. If there's something spinning around in your head, there's probably a reason. Send an email or get a call. Don't you have time after a day's work? Mentally note that you have to acquired with a little practice. But it's much easier to have a drink or two. If you thought so, you would have stopped reading a while ago. Oak health? But maybe you think a little alcohol is good. The main reason to believe something like this is that alcohol contains the proof of the day.	rugs Most people know it's a bad idea to get heroin in. If you're thinking, but ask yourself this: if it was legalized tomorrow, would it be appropriate to take call or email the next day in the morning. And forget it. It is a skill that can be intains certain types of antioxidants. Of course, if alcohol gives you antioxidants,
that means it's beneficial to consume it, right? Not at all. You can use your head to nail a nail to the wall, but would you describe it as one of the advantages of having a head when you could use a hammer? If you want to bring antioxidants to your body eating way to hell Let's say for a moment that it is better to eat antioxidants from alcohol than from fresh fruit, rather than the other way around. And let's imagine the doctor tells you that for someone your size and creating one drink a day is good for your health, but control, just enough to say one more. The second cup doubles the effect, the third tripler, and by the time you reach the fourth the last thing you think of is the health benefit it has! Is it possible to reduce consumption? Some drinkers manage to reduce consumption and the fourth the last thing you think of is the health benefit it has! Is it possible to reduce consumption? Some drinkers manage to reduce consumption and the fourth the last thing you think of is the health benefit it has! Is it possible to reduce consumption? Some drinkers manage to reduce consumption? Some drinkers manage to reduce consumption and the fourth the last thing you think of is the health benefit it has! Is it possible to reduce consumption? Some drinkers manage to reduce consumption? Some drinkers manage to reduce consumption? It has the fourth the last thing you think of is the health benefit it has! Is it possible to reduce consumption? Some drinkers manage to reduce consumption? Some drinkers manage to reduce consumption and the fourth the last thing you think of is the health benefit it has! Is it possible to reduce consumption? Some drinkers manage to reduce consumption? It has the fourth the last thing you think of is the health benefit it has! Is it possible to reduce consumption? It has the fourth the last thing you think of is the health benefit it has! Is it possible to reduce consumption? It has the fourth the last thing you think of is the health benefit it has! Is it possible to reduce consumption?	two is already harmful. The problem is that a drink is enough to affect one's self-mo temporarily. These are generally people whose alcohol consumption habits or a while. It was the most miserable time of my life. A time usually followed by a cause you don't seem to get tired! The same may apply to drinking: if you tried to
reduce your intake, it would be like trying to spend the rest of your life on a diet. And how long do most diets last? So if you have difficulty controlling your food intake, can you imagine how hard it would be to try to control the intake of a drug that reduces self-to Be honest, can you honestly get the idea that you want a drink or two and make sure it won't happen from there? Or do the most carefully crafted plans often go horribly wrong? There may or may not be negative consequences every time you drink. But just a to happen a lot of the time. I doubt you've read so far just because of the elegance of my prose! But of course, what can't happen is that you get drunk if you don't drink the first drink. There is only one option at the beginning, I said that if you intended to control the time is only one option at the beginning. I said that if you intended to control the time is only one option at the beginning. I said that if you intended to control the time is only one option at the beginning. I said that if you intended to control the time is only one option at the beginning. I said that if you intended to control the time. In that drinking less was a possibility, I apologize. I did it to make sure you read the book to the end, avoid you that way years of hell trying to limit Intake. If I hadn't, you would have had to check firsthand and the hard way - after wasting a lifetime turns out she's the only one: not to drink a drop. Give me another of the same Madness defined as doing the same thing over and over again waiting for a different result each time. In that case, I must have been like a shower against the last days of my relative	is one drink leads to another, one session leads to another. Very bad things have ol alcohol or stop drinking altogether, that was the answer in your hands. If I've e - that it had to be all or nothing. There's an easy way to control alcohol. And it onship with alcohol, because almost every time I drank I consumed more than I
had originally planned, and bad things happened with depressing regularity. It would have been very boring if it hadn't been so terribly painful. Caught in time Have you seen that movie? Bill Murray plays the role of an egocentric man doomed to live the same a drinker: as if I-had caught up on a terrible day that was repeated over and over again, indefinitely. I had come to the point of checking how long my hangover lasted. Breakfast consisted of a handful of aspirin diluted in coffee alone. After breakfast I tried to come to the point of five minutes until I left it eventually go on to revel in remorse for several lazy hours. So I tried to get a drink or two but I failed spectacularly. In my ethyl stupor, I fantasized about a more fulfilling life, telling myself that everything would be different and the nightmare would begin again. The worst thing is to know that you are not moving forward as a person. Of course, you may find it fun to be caught in time If there is no tomorrow, there are no consequences for our actions either, and initially Bill Murray plays the role of an egocentric man doomed to live the same a drinker: as if I-had caught up on a terrible day that was repeated over and over again, indefinitely. I had come to the point of checking how long my hangover lasted. Breakfast Consisted of a handful of aspirin diluted in coffee alone. After breakfast I tried to come a drinker: as if I-had caught up on a terrible day that was repeated over and over again, indefinitely. I had come to the point of checking how long my hangover lasted. Breakfast Consisted of a handful of aspirin diluted in coffee alone. After breakfast I tried to come a drinker: as if I-had caught up on a terrible day that was repeated. Breakfast I tried to come a drinker: as if I-had caught up on a terrible day that was repeated. Breakfast I tried to come a drinker: as if I-had caught up on a terrible day that was repeated. Breakfast I tried to come a drinker: as if I-had caught up on a terrible day that was repeated. Breakfast I tried	ompose the night that had passed and immediately wished I hadn't. I tried to ferent the next day and I lost consciousness. A few hours later he came back to rray tries to find the side satisfactory by seizing that opportunity. He exaggerates blice cell, he wakes up the next day in his hotel room with no sign of a hangover.
Every drinker's paradise? For many drinkers, Scene of Trapped in Time would be like a paradise on earth, because in this place drinking has no consequences: no health problems, no missed opportunities, no broken relationships, or excuses between teeth of But I still wouldn't have any Alcohol consumption. We only have one day, this day, today. If it turns out to be a bad day, don't try to escape it through the bottle! Do something to remedy it. Fix any problems you have. And if it's impossible, accept it. Then it stop beyond Bill Murray the bottle soon gets tired of drinking, making it an even more cynical, tired and depressive creature. He loses all interest in the bottle and starts to take an interest in life and other people. And that's how the spell breaks! Wake up feeling like beginning of a new life. That's how I felt when I finally decided to stop drinking once and for all. That's how you'll feel if you make the decision today. We rarely make a decision to be 100 percent sure that it's the right decision – at the time of it, of course – and decision. What could be more important than the duration and quality of your future life? The final preparation after all read, you need to be nervous as a dog tries to get off the leash. If not, there are two possible explanations: You have missed a point of cruci	os being a problem. And if it turns out to be a good day, enjoy it to the fullest! Life a another man, and it's not just about the beginning of a new day: it's the dit's one of those occasions. Your health and happiness depend radically on this ial importance. You should still believe that drinking alcohol has benefits. But will
you trust your life with a pilot who manipulated the dashboard? Reread the book. You've understood everything revealed so far, and you're worried for no reason. In that case, believe me and go after them all! What's the most horrible thing that can happen to and progressive disease? Imagine suffering from another life-threatening illness and learning that there is an immediate and permanent cure to remove a single product from your diet. Do you hesitate before you start the cure? When would you know if you'd go new freedom? How would it feel to see others in the early stages of the same disease that you had, even if they don't already know? Would you be jealous of them for having this disease? Would you be tempted to give in to the disease again? Wasting my breading, and what kind of poison dart contained? Isn't it more likely that you would have done something possible? Alcohol is the common factor for all the people who have had a problem with this drug. You may not have a problem with alcohol. The last guide Before taking your last drink, read these latest instructions. The above was in	gotten rid of the disease forever? You want to wait before you jumped on your eath I despair at seeing those who claim all these complicated theories about g instead of all of them Wouldn't you have ripped your arrow off as soon as needed to ensure that you read the book in the right spirit. The following is meant
to ensure that you remain a happy teetotaller for the rest of your life. When you have your last drink, don't expect to be a teetotaller. You're going to be a teetotaller. And now go out there and enjoy from the beginning. 2. Do not change any other aspect of you meet at the bar, stay with them. No one can make you have a drink. 3. Avoid substitutes, whether they occur in the form of activity, food, non-alcoholic beverages or anything else. When you consume thirsty drinks instead of promoting it, you don't have to kee have to stop eating and drinking! What I'm saying is don't overdo it with food or drink, or anything else, as a substitute for alcohol. If you like a particular activity, you can enjoy it to the full! But do it because you really enjoy, not as a substitute. Just thinking about something. 4. Do not try not to think about alcohol. But when you think about it, think, Great! I'm free! Accept that at some point in the future you may be deprived of thought: I want a drink. It may be a thirst attack, or you may have simply forgotten that you are like a bastard; or you can say, this is just a thought. Isn't it wonderful that I don't obey your orders anymore? I'm a teetotaller! 5. Any major change shall result in a period of adjustment. If you experience some kind of discomfort in the next few days remember	ep a glass with something in your hand all the time. I don't mean with this that you but looking for a replacement would be like claiming that you're missing e no longer drinking. You have options. You can say, I must not drink, and feel that it is not because you stopped drinking, but because at that point you started
doing it. Rejoice to think you just got rid of a terrible disease. 6. If you take this position, you will soon experience The Moment of Revelation. This usually happens after a time when you would have drunk alcohol sooner. Suddenly you realize that the idea that The Moment of Revelation to arrive. You've reached your goal when you're done with your last cup. 7. Don't worry if you completely forget that you've stopped drinking and you don't realize you're asking the waiter for a gin and tonic or a There's nothing to wo accidentally sip someone else's glass. Just take a mental note that you'll have to be more careful in the future and not give it more spin. Please don't be wrong! I'm not saying you can finish the cup! If it really was a mistake, you don't have to drink again. 9. The influence of drinkers. The reason a lobster tank has no lid is that if the lobster tries to escape, the others catch it and force it back into the water. Drinkers can use different tactics to try to force you back into the fold. You have to understand that it is fear that me Look them in the eye and say: I never drink when I'm sober! Don't envy those who drink. Take pity on them for what they are: flying at different stages in their descent down the neck of the insect-eating plant. And always remember that in the case of alcohol tr	erry about as long as you don't drink it! 8. Don't make a drama out of it if you here are three main reasons why people get hooked again, and the first is the makes the poor drinker behave that way and that you have already got rid of it. rap, nectar is an illusion. 10. The second main reason for failure is to make a bad
day as an excuse to drink. Remember that a drink will not help you resolve the situation. On the contrary, it will make a bad day a tragic day. I'd make you a drinker, probably for life. Remember, you've had bad days when you drank or you wouldn't have read you up on bad days, think you don't have to lean on alcohol anymore. 11. The third reason for failure is that people find it so easy to let it go that they believe that for a more nothing will happen and that even if it happens, they will find another easy way to quit that way, so trust me: one more is a hoax. Even if you did, when would you drink it? The following year? Twenty years later? Do you really want to spend the rest of your life waiting for the next dose of poison? 12. Finally, don't worry if you dream of drinking. Vois normal for people who have been tortured in prison to dream that they are left with their abductors. Does that mean they want to come back? You have to look at the fact that consuming alcohol as what it really is: a terrible nightmare that you have finally wo alcohol doesn't benefit you at all below that you have one last drink. But if you don't mark the end of your drinking life with one last drink as a milestone, you're in danger of sitting around wondering if you're really free or not. You'll be free when you're done with	t again. I could write another book that explains why the alcohol trap doesn't work When you stop using a drug it is normal to dream that you take it again. Just as it oken up from once and for all. Your last drink may sound contradictory to say that h the last drink. So let's not delay your escape for a moment. Serve a generous
amount of some spirits alone, preferably the one that is most repulsive to you. If you don't have spirits at home, have the strongest, most unpleasant alcoholic beverage you find. Before you drink it, close your eyes and take your time to become the solemn profecus on its disgusting taste and reflect on how you once were ripped off by a small fortune in exchange for that disgusting poison. So: START enjoying your life! Allen Carr's EASYWAY Centers The following listing, listed alphabetically, provides information or reach 90 of 100, guaranteeing money back. Some of these clinics also offer sessions to treat alcoholism and weight loss. Contact your nearest clinic for more information. Allen Carr guarantees that you will find the easiest way to quit smoking at your clinics or gratuito de información y central de inscripción: 08000 RAUCHEN (0800 07282436) Instructor: Erich Kellermann y Equipo Kirchenweg 41, D-83026 Rosenheim Tel.: 0049 (0)8031 90190-0 Fax: 0049 (0) 8031 9019090 E-mail: Página web: www.allencarr.com AUSTRALIA OCCIDENTAL Instructora: Dianne Fisher P.O. Box 297, Midland DC, 6936, Western Australia Te.: 1300 55 78 01 E-mail: [email	on all Allen Carr smoking cessation clinics worldwide, where success figures r give you your money back. ALEMANIA Sesiones en todo el país Teléfono ww.allencarr.com AUSTRALIA AUSTRALIA MERIDIONAL Instructor: Phillip I protected] Página web: www.allencarr.com QUEENSLAND NORTE Instructora:
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