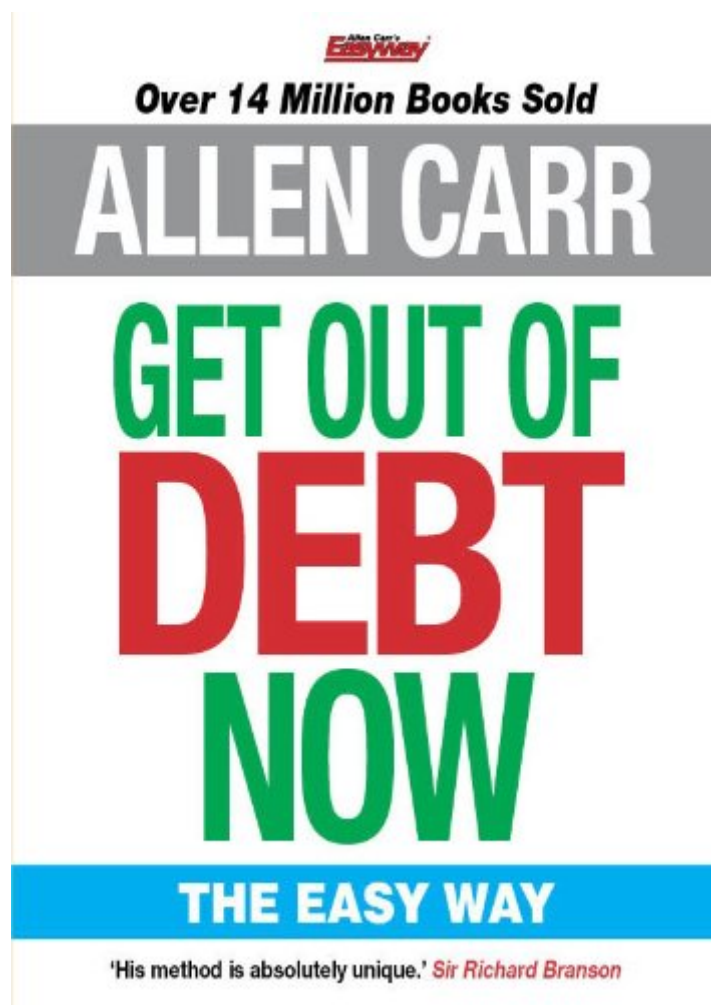




The book was found

Allen Carr's Get Out Of Debt Now



Synopsis

Allen Carr's Get Out of Debt Now applies Allen Carr's Easyway method to the problem of debt and the addiction to spending. It starts by addressing the various psychological attitudes to money and spending that lead to debt. By unravelling the brainwashing instilled by the banking and credit industries, it adjusts our mindset to show what really gives us pleasure in life. It also helps us see the futility in spending money we don't have on things that don't make us happy. The message throughout is that it is easy to get out of debt if you follow the instructions. Having dealt with the mindset, it moves on to practical methods for removing the problem, measuring your spending and income, making a plan to balance the books, reducing your spending, paying off your debts and increasing your income. Praise for Allen Carr's Easyway: "I was exhilarated by a new sense of freedom." The Independent "A different approach. A stunning success." The Sun "His skill is in removing the psychological dependence." The Sunday Times "The Allen Carr method is totally unique." GQ Magazine

Book Information

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Customer Reviews

Didn't care for it and it didn't work for me.

Wonderful book!

By reading this book I tried to find a solution for a friend of mine but I've found a plenty of really useful things! So I've found a solution not just for my friend but for myself! Thank a lot!

That seems to be the simple but sound message of this book. It then gives some practical advice on how to do that. The book contends that 'junk-spending' is the main culprit that gets us into debt and keeps us there. It defines junk spending as 'spending on anything that you don't actually need and which does not give you any genuine pleasure'. The book works on 'un-brainwashing' the propaganda that we are bombarded with which causes us to junk-spend. The author suggests that: "Rather than keep indulging in the false pleasures of junk spending, we should rediscover the genuine pleasures in life". And as to our obsession with money, he contends: "The objective is not wealth, it's happiness". This book offers sound advice and helps build a positive mindset to start a journey out of debt. Just make sure you 'budget' the \$8.99 for this book - don't put it on your credit card ;)

Allen Carr uses the same principles that he made famous in his book "The Easy Way to Quit Smoking". Carr compares over-spending to addiction. He calls it "junk" spending. He says we over-spend to try to get some satisfaction or "high" from it. I know myself, I often would buy things when I didn't need them, just as a distraction and to relieve boredom. Carr really stresses the point that so often we buy things we don't really need, but it's just to satisfy an inner craving. Carr shows the deception of the credit card industry. Recommended.

This actually helped me quit "junk spending." I tried it because I'd had great success with Allen Carr's program for drinking. As with his drinking book, you must follow it exactly. Don't try and bend the rules, like keeping a credit card for points. It's a delusion. Don't think you're the exception or you will only be cheating yourself. Once I realized that, I was transformed, just like with the drinking book.

I was very impressed with the book as I finally realized what destructive road I was going down with my debt. I got to see that it really is like an addiction and the effects of it can cause havoc in your life. I would definitely advise everyone to read this book it helped me understand how the brain can manipulate you into thinking you need something but you don't.

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