

# Alan Carr

Allen Carr

**Alanatomy** Alan Carr,2016-10-06 \*\*\*If you loved Alan's first memoir - Look Who It Is! - then his follow-up, Alanatomy, will take you further into the hilarious and bizarre world of the country's favourite chatty man.\*\*\* 'As laugh out loud as his TV shows' Daily Mirror It must seem strange to you that I've called a book Alanatomy . . . For anyone who has taken the time to see my stand-up performances or watched my chat show, 'Chattyman', knows that my body has hardly been kind to me - in fact there've been times when we've actually stopped talking to each other. Balding, myopic, often flaky with psoriasis, back fat that hangs suspended like a cape, a voice that could strip varnish, an increasingly dodgy hip and even dodgier teeth. Why would you draw attention to it? you must ask. Couldn't you just call the book something else? Do you think the Great British Public is ready to pore over your body? Well, as I turn forty and take stock of my showbiz life over the last ten years or so, I have learnt to embrace my flaws and face my shortcomings. In fact, strange as it might seem, the things I hate about myself have become my trademark and I am slowly, begrudgingly learning to, if not love them, to at least live with them. I am ready now to take a long hard look at myself and that's what Alanatomy is. It's the story of my rise to fame: the joys, the traumas, the parties, the disappointments. Hopefully you will find it witty, fun, heartwarming, but more importantly honest, and that it will keep you entertained every time you pick it up. Alanatomy is the chance for you to get beneath my skin and see the real me because, and to continue the anatomical theme if I may, this showbiz existence can sometimes feel like an autopsy - picked at, probed and scrutinized with every inch of your body held up for analysis, but unlike an actual autopsy, you are very much alive. So I give you Alanatomy: The Inside Story. I am laying myself out on the slab for your entertainment; naked, stripped bare. Grab your scalpel, peel back the skin and go deep, have a good old probe around at my life so far. Yes, you are going to find guts, a fair bit of cheek, maybe even a little bit of gristle, but hopefully, you'll find a whole lot of heart.

**Look who it is!: My Story** Alan Carr,2008-12-04 The brilliantly funny and inimitable Alan Carr tells his life story in his own words, from growing up in a football-mad family in Northampton to his rise to become one of Britain's best-loved comedians.

**Allen Carr's Easy Way to Stop Smoking** Allen Carr,2006-01-05 The revolutionary international bestseller that will stop you smoking - for good. 'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading and most successful quit smoking expert, Allen was right to boast! Reading this book is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr has helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Accept no substitute. Five million people can't be wrong.

*Stop Drinking Now* Allen Carr,2015 Allen Carr's Easyway method (for stopping smoking) has been applied to problem drinking. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, he shows you how to escape from the alcohol trap.

Alantomy Alan Carr,2016-10 \*\*\*If you loved Alan's first memoir - Look Who It Is! - then his follow-up, Alanatomy, will take you further into the hilarious and bizarre world of the country's favourite chatty man.\*\*\* 'As laugh out loud as his TV shows' Daily Mirror 'It's as winning as you'd expect from the chatty, heart-on-sleeve Carr' Sunday Express It must seem strange to you that I've called a book Alanatomy . . . For anyone who has taken the time to see my stand-up performances or watched my chat show, 'Chattyman', knows that my body has hardly been kind to me - in fact there've been times when we've actually stopped talking to each other. Balding, myopic, often flaky with psoriasis, back fat that hangs suspended like a cape, a voice that could strip varnish, an increasingly dodgy hip and even dodgier teeth. Why would you draw attention to it? you must ask. Couldn't you just call the book something else? Do you think the Great British Public is ready to pore over your body? Well, as I turn forty and take stock of my showbiz life over the last ten years or so, I have learnt to embrace my flaws and face my shortcomings. In fact, strange as it might seem, the things I hate about myself have become my trademark and I am slowly, begrudgingly learning to, if not love them, to at least live with them. I am ready now to take a long hard look at myself and that's what Alanatomy is. It's the story of my rise to fame: the joys, the traumas, the parties, the disappointments. Hopefully you will find it witty, fun, heartwarming, but more importantly honest, and that it will keep you entertained every time you pick it up. Alanatomy is the chance for you to get beneath my skin and see the real me because, and to continue the anatomical theme if I may, this showbiz existence can sometimes feel like an autopsy - picked at, probed and scrutinized with every inch of your body held up for analysis, but unlike an actual autopsy, you are very much alive. So I give you Alanatomy: The Inside Story. I am laying myself out on the slab for your entertainment; naked, stripped bare. Grab your scalpel, peel back the skin and go deep, have a good old probe around at my life so far. Yes, you are going to find guts, a fair bit of cheek, maybe even a little bit of gristle, but hopefully, you'll find a whole lot of heart.

Allen Carr's Easy Way to Control Alcohol Allen Carr,2009-11-03 READ ALLEN CARR'S EASY WAY TO CONTROL ALCOHOL AND BECOME A HAPPY NON-DRINKER FOR THE REST OF YOUR LIFE. 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. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REMOVES THE PSYCHOLOGICAL NEED TO DRINK • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: The Allen Carr program was... nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

**Clinical Psychology** Alan Carr,2012 This book focuses on both clinical case studies and relevant research, to inform students about the profession of clinical psychology, how to get on a clinical psychology training programme, and how clinical psychologists work.

**Positive Psychology** Alan Carr,2013-09-05 Remediating deficits and managing disabilities has been a central preoccupation for clinical psychologists. Positive Psychology, in contrast, is concerned with the enhancement of happiness and well-being, involving the scientific study of the role of personal strengths and positive

social systems in the promotion of optimal wellbeing. Alan Carr's Positive Psychology has become essential reading for anyone requiring a thorough and accessible introduction to the field. This new edition retains all the features that made the first edition so popular, including: accounts of major theories and relevant research learning objectives chapter summaries research and personal development questions suggestions for further reading measures for use in research glossaries of new terms. The book has also been completely updated to take account of recent research and major advances, and includes a new chapter on Positive Psychotherapy, an extended account of research on character strengths and virtues, and a discussion of recent ground-breaking research on emotional intelligence. This new edition of Positive Psychology will prove a valuable resource for psychology students and lecturers, as well as those involved in postgraduate training in related areas such as clinical psychology, social work, counselling and psychotherapy.

**The Easy Way to Stop Smoking** Allen Carr,2004 The author offers a step-by-step approach to stop smoking without the use of nicotine substitutes.

**Allen Carr's Easy Way to Stop Smoking** Allen Carr,2008

Stop Smoking Now Without Gaining Weight Allen Carr,2009 Smoking.

**The Alan Carr Handbook - Everything You Need to Know about Alan Carr** Emily Smith,2013-05 Alan Carr (born 14 June 1976) is an English comedian and television personality. He was born in Weymouth in Dorset yet spent his childhood in Northampton before moving to Chorlton-cum-Hardy, Manchester in his early 20s where he began his comedy career. Carr's breakthrough was in 2001, winning the City Life Best Newcomer of the Year and the BBC New Comedy Award. In the ensuing years, his career burgeoned on the Manchester comedy circuit before becoming well known for hosting The Friday Night Project with Justin Lee Collins. This led to the release of a short-lived entertainment show Alan Carr's Celebrity Ding Dong in 2008, and eventually, his popular comedy chat show Alan Carr: Chatty Man, which has been airing since 2009. Carr also hosted a radio show, Going Out with Alan Carr, on BBC Radio 2 for three years as well as going on two arena tours: Tooth Fairy Live (2007) and Spexy Beast Live (2011). This book is your ultimate resource for Alan Carr. Here you will find the most up-to-date information, photos, and much more. In easy to read chapters, with extensive references and links to get you to know all there is to know about Alan Carr's Early life, Career and Personal life right away. A quick look inside: Alan Carr, Alan Carr's Celebrity Ding Dong, Alan Carr's Specstacular, Alan Carr: Chatty Man, Allen Carr, British Comedy Awards, Comic Relief, FAQ U, Friday Night with Jonathan Ross, Going Out with Alan Carr, Gordon Ramsay: Cookalong Live, Latitude Festival, Law of the Playground, Lionel Blair, Live at the Apollo (TV series), Look Who It Is , Manchester Arena, Melanie Sykes, Northampton, Playing It Straight, The Big Fat Quiz of the Year, The Paul O'Grady Show, The Russell Brand Show (radio show), The Sunday Night Project, Who Do You Think You Are? (British TV series) 149...and more pages Contains selected content from the highest rated entries, typeset, printed and shipped, combining the advantages of up-to-date and in-depth knowledge with the convenience of printed books. A portion of the proceeds of each book will be donated to the Wikimedia Foundation to support their mission.

Family Therapy Alan Carr,2012-07-31 Now in its third edition, this highly regarded and well-established textbook includes up-to-date coverage of recent advances in familytherapy practice and reviews of latest research, whilst retainingthe popular structure and chapter features of previous editions. Presents a unique, integrative approach to the theory andpractice of family therapy Distinctive style addresses family behaviour patterns, familybelief systems and narratives, and broader contextual factors inproblem formation and resolution Shows how the model can be applied to address issues ofchildhood and adolescence (e.g. conduct problems, drug abuse) andof adulthood (e.g. marital distress, anxiety, depression) Student-friendly features: chapters begin with a chapter planand conclude with a summary of key points; theoretical chaptersinclude a glossary of new terms; case studies and further readingsuggestions are included throughout

**Allen Carr's Easyweigh to Lose Weight** Allen Carr,1999-12-02 Lose weight and feel great in 2020. \_\_\_\_\_ Allen Carr, international bestselling author of The Easy Way to Stop Smoking, helps you to take off the pounds in no time - without dieting, calorie-counting or using will-power. His revolutionary eating plan allows you to enjoy food and savour flavours all while you're losing weight. You'll be able to: - Eat your favourite foods - Follow your natural instincts - Avoid guilt, remorse and other bad feelings - Avoid worrying about digestive ailments or feeling faint - Learn to re-educate your taste - Let your appetite guide your diet A happy reader says: 'I've found the answer I've been looking for for 20 years! I've done every diet you can think of. My sister urged me to buy the book - and I'm so glad I did! It isn't someone telling you what to do, it isn't a weird eating plan, IT ISN'T A DIET! There's no guilt... There's no struggle... There's no restrictions... You just know what to do and you know you want to do it and why!' \_\_\_\_\_ Allen Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY. Having cured his own addiction he went on to write a series of bestselling books, most famously The Easy Way to Stop Smoking. His books have sold more than 13 million copies worldwide. Allen's lasting legacy is a dynamic, ongoing, global publishing programme and an ever-expanding worldwide network of clinics which help treat a range of issues including smoking, weight, alcohol and drug addiction.

**Smart Phone Dumb Phone** Allen Carr,John Dicey,2019-08-15 The Allen Carr method has helped millions quit smoking. Now its experts are determined to tackle the UK's obsession with digital devices - Daily Express You'll be aware off how your devices affect you and most of all, you will enjoy the feeling of regaining control - Daily Mirror Do you pull out your phone at every idle moment? Do hours slip away as you mindlessly scroll? Has your smartphone added a level of detachment between you and the outside world? Sadly technology which should be a wonderful boon to us has started to blight our lives. The average adult spends nearly ten hours a day looking at digital screens, leading to unprecedented levels of stress, isolation, procrastination and inertia. The fact is that digital dependence is an addiction and should be treated as such. Allen Carr's Easyway is a breath of fresh air when it comes to addiction treatment. Tried and tested as an incredibly successful stop-smoking method, its principles have since been applied to other addictions such as alcohol, gambling and caffeine with outstanding results. Here, for the first time, the Easyway method has been used to overcome digital addiction, and it really works! Smart Phone Dumb Phone rewires our relationship to technology. By unravelling the brainwashing process behind our addictive behaviour, we are freed from dependence and can reassert control over our time and productivity. Including 20 practical steps to help you along your way, this wonderful guide will release you from the clutches of your smartphone and allow you to live in the moment. It truly is the easyway.

**Kick the Drink...Easily!** Jason Vale,2011-03-01 There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

**Allen Carr's Easy Way to Quit Vaping** Allen Carr,John Dicey,2021-05-01 Allen Carr's Easyway is a global phenomenon - a clinically proven and 100% drug-free treatment for nicotine addiction. First used as an internationally renowned and incredibly successful stop-smoking method, this cutting-edge approach now addresses the fastest-growing nicotine delivery system in the world, vaping. The Easyway method tackles addiction from an entirely different angle. Rather than employing scare-tactics and enforcing painful restrictions on your vaping habits, it unravels the cognitive brainwashing behind your addictive behavior. In this way, it removes the desire to vape altogether without willpower or sacrifice. Whether you use e-cigarettes, JUUL, tanks or pens, or any kind of mod or pod, this method will work for you. All you have to do is read this book in its entirety, follow all of the instructions and you will be set free from your addiction to nicotine. • Does not rely on willpower, aids, substitutes, or gimmicks • Works without unpleasant withdrawal symptoms • Clinically proven to be AT LEAST as effective as UK health service's Gold Standard Stop Smoking Service. What people say about Allen Carr's Easyway method: Allen Carr's international bestseller...has helped countless people quit. Time Out New York I read this book and quit smoking instantly Nikki Glaser The Allen Carr program was nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from my addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

**Party Animals** Robert Hofler,2010-03-02 Allan Carr was Hollywood's premier party-thrower during the town's most hedonistic era—the cocaine-addled, sexually indulgent 1970s. Hosting outrageous soirees with names like the Mick Jagger/Cycle Sluts Party and masterminding such lavishly themed opening nights as the Tommy/New York City subway premiere, it was Carr, an obese, caftan-wearing producer—the ultimate outsider—who first brought movie stars and rock stars, gays and straights, Old and New Hollywood together. From the stunning success of Grease and La Cage aux Folles to the spectacular failure of the Village People's Can't Stop the Music, as a producer Carr's was a rollercoaster of a career punctuated by major hits and phenomenal flops—none more disastrous than the Academy Awards show he produced featuring a tone-deaf Rob Lowe serenading Snow White, a fiasco that made Carr an outcast, and is still widely considered to be the worst Oscars ever. Tracing Carr's excess-laden rise and tragic fall—and sparing no one along the way—Party Animals provides a sizzling, candid, behind-the-scenes look at Hollywood's most infamous period.

Allen Carr's The Only Way to Stop Smoking Permanently Allen Carr,1995-01-05 Author of the most successful stop smoking method of all time, Allen Carr here further exposes the traps of smoking and provides smokers with the motivation to break free forever. This companion volume to Allen Carr's Stop Smoking Now and Allen Carr's Easy Way to Stop Smoking will help you: . Achieve the right frame of mind to quit . A...

**The Easy Way for Women to Lose Weight** Allen Carr,2016-11-15 READ THE EASY WAY FOR WOMEN TO LOSE WEIGHT AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE. Are you unhappy with the weight you are? In The Easy Way for Women to Lose Weight, Allen Carr addresses the difficulties that women face in trying to lose weight. Diets don't work and just lead to a feeling of deprivation, which can cause food disorders like binge-eating. By explaining why you feel the need to eat junk food and, with simple step-by-step instructions to set you free from this addiction, Carr shows you how to eat for a healthier, happier life. What people say about Allen Carr's Easyway method: The Allen Carr program was nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from my addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

Reviewing **Alan Carr**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Alan Carr**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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## Alan Carr Introduction

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