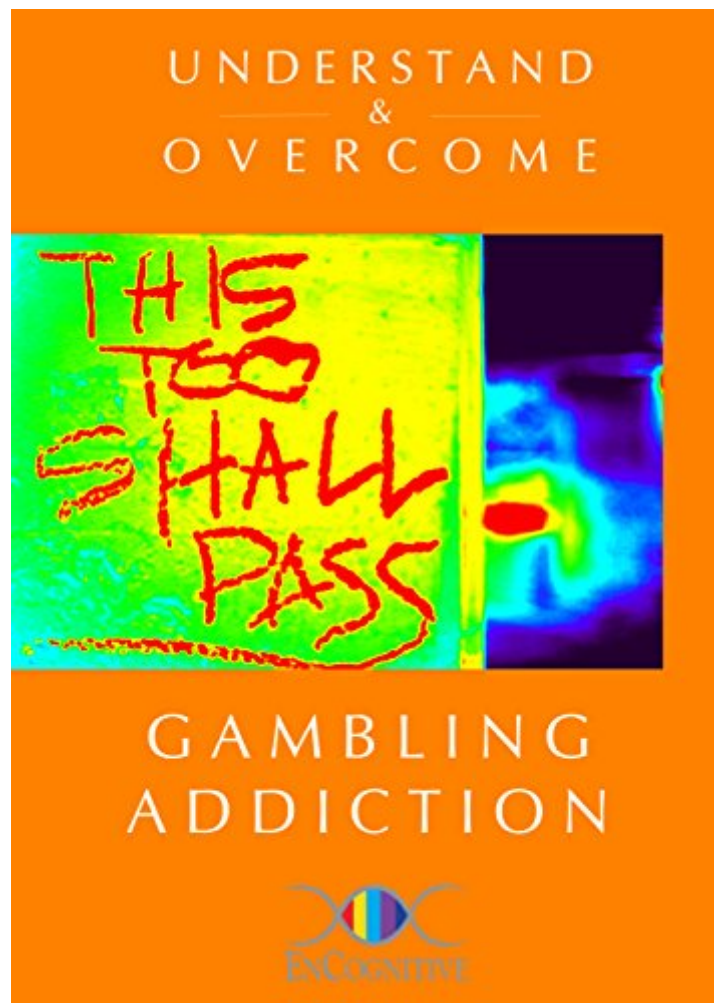




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Understand And Overcome Gambling Addiction (Understand & Overcome)



Synopsis

This book provides you with the knowledge needed to overcome gambling addiction, which is the “most insidious and baffling” disease according to Gamblers Anonymous. The book draws on the author’s 20 years of gambling addiction, the trials and tribulations of users from a self-help community started in 2003 (GamblingHelper.com), and the latest scientific findings. The book discusses the symptoms, triggers, and causes of gambling addiction from the perspectives of biology, psychology, environment, economics, and spirituality. The book includes solutions to overcome the disease based on the most current research. The Gamblers Anonymous program was founded in 1957 and is based on Alcoholics Anonymous, which was founded in 1935. New and important findings on compulsive gambling have been found since that time. This book discusses these new findings. Gambling addiction can be overcome and this book shows you how.

Book Information

File Size: 4967 KB

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in Books > Self-Help

Customer Reviews

The book, in my opinion, did not offer an in-depth understanding of gambling addiction. Rather, it stayed superficial very easy to read. I was looking for a discussion on how one crosses the line

between social gambling and compulsive gambling. What is impact on a gamblers life, and what are the key impact points that make gamblers get out of denial and stop gambling? What are the paths one needs to take to stop the compulsive gambling? Didn't get it from this book.

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Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roulette,Gambling Systems) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) The Gambling Addiction Recovery Workbook: Written by a Former Gambler (Gambling Addiction Cure, Compulsive Gambling, Problem Gambling, Gambling Stories) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) The Ultimate Gambling Addiction Help Guide: How to Overcome a Gambling Addiction and Problem Gambling Once and for All Gambling Addiction Cure: How to Overcome Gambling Addiction and Stop Compulsive Gambling for Life Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Gambling:Just Stop Pressing The Button: The Truth Behind our Gambling Addiction - What Most People Do Not Understand And How You Stop Gambling Away Your Life Understand and Overcome Gambling Addiction (Understand & Overcome) GAMBLING ADDICTION: Overcome Gambling Compulsion Today! The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Gambling Addiction: One Last Game!: How To Stop Gambling And Finally Get Your Life Back Beat the Gambling Obsession: How to Overcome Problem Gambling HOW TO OVERCOME ADDICTION ON YOUR OWN: SELF-HELP STRATEGIES FOR GETTING CLEAN WITHOUT HELP (GAMBLING, PORNOGRAPHY, MARIJUANA, DRUGS, ALCOHOL,

SHOPLIFTING) Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT
READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs
abuse, heroin addiction) My Husband's a Porn Addict: A wife's tormenting journey through her
husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict))

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