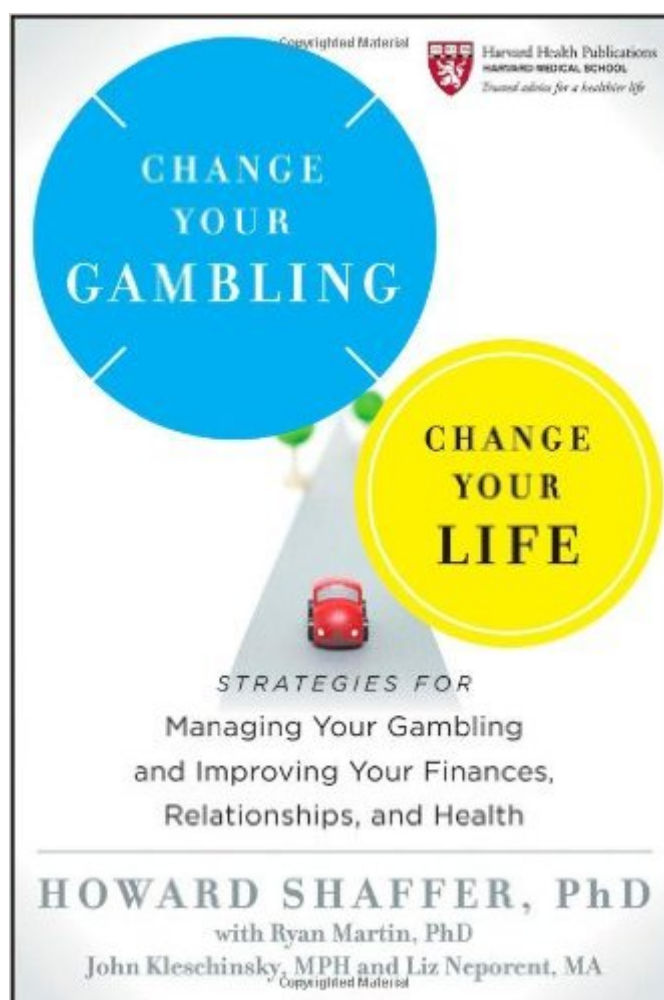


The book was found

Change Your Gambling, Change Your Life: Strategies For Managing Your Gambling And Improving Your Finances, Relationships, And Health



Synopsis

A research-based guide to controlling the destructive urge to gamble From Howard Shaffer, PhD, a noted expert on gambling addiction, and Harvard Health Publications comes *Change Your Gambling, Change your Life*, a landmark new book which explains how gambling problems are related to other underlying issues: such as anxiety, mood fluctuation, difficulty with impulse control, and substance abuse problems. Dr. Shaffer offers a series of self-tests to help evaluate the degree of gambling problem and analyze the psychological and social context of the behavior, with specific strategies and approaches for ending the problems with simple tools that anyone can do. Explains why many people have a problem controlling their urge to gamble and how that can be corrected Includes a toolbox of resources for anyone who wants to stop the vicious cycle of gambling Offers advice for avoiding slips and preventing backslides and how to deal with the consequences With candor and expert advice, *Change Your Gambling, Change Your Life* provides proven techniques for controlling the urge to gamble.

Book Information

Paperback: 256 pages

Publisher: Jossey-Bass; 1 edition (March 6, 2012)

Language: English

ISBN-10: 0470933070

ISBN-13: 978-0470933077

Product Dimensions: 6.1 x 0.7 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars Â Â See all reviews Â (7 customer reviews)

Best Sellers Rank: #396,144 in Books (See Top 100 in Books) #18 in Â Books > Health, Fitness & Dieting > Addiction & Recovery > Gambling #316 in Â Books > Humor & Entertainment > Puzzles & Games > Gambling #1135 in Â Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

Customer Reviews

It's nice to see a manual for problem gamblers that doesn't insult their intelligence or assume they're familiar with the latest neuroscience study. This book takes gamblers as they are, and gives them guidelines for achieving their chosen goal--either abstinence, moderation, or no change at all. In clear, non-judgmental chapters, Shaffer explains the connection between gambling and various mental disorders, and argues that troubled gambling is a behavioral addiction worthy of the name.

I am a social worker with twenty years of experience, and this book is by far the best self-help book that I have read. It is refreshing to see a book so practical and clear that is based on scientific methods and experience. This book serves as a resource for individuals seeking recovery as well as professionals who treat gamblers; it is a must read. Victor Ortiz, MSW

Great product at a great price. Very happy customer!!

Very helpful professional

[Download to continue reading...](#)

Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health 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 Cure - How To Overcome Gambling Addiction And Problem Gambling For Life (Compulsive Gambling, Gamblers, Casino Games, Sports Betting, Poker, Black Jack, Craps, Slots, Roulette) The Ultimate Gambling Addiction Help Guide: How To Overcome A Gambling Addiction And Problem Gambling Once And For All (gambling addiction cure, problems, ... craps, baccarat, poker, blackjack) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Divine Transformation: The Divine Way to Self-clear Karma to Transform Your Health, Relationships, Finances, and More (Soul Power) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) 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 Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Numerology: Uncover Your Destiny with Numbers-Details about Your Character, Life Direction, Relationships, Finances, Motivations, and Talents! Gambling Addiction Cure: How to Overcome Gambling Addiction and Stop Compulsive Gambling for Life Gambling Addiction Cure: How To Overcome Gambling Addiction And Stop Compulsive Gambling For Life (slots, roulette, craps, baccarat, poker, blackjack) Breaking the Jewish Code: 12 Secrets that Will Transform Your Life, Family, Health, and Finances Winning Your Personal Injury Case: The Ultimate 8 Step Guide To Protect Your Health, Family and Finances Improving Inter-professional

Collaborations: Multi-Agency Working for Children's Wellbeing (Improving Learning) Rosacea Treatment: The Ultimate Guide To Managing And Improving Rosacea Through Diet Changes, Lifestyle, And Remedies Managing, Controlling, and Improving Quality The Successful Single Mom Gets Rich!: Take Control of Your Finances and Your Future, Volume 3 Innovative Teaching Strategies In Nursing And Related Health Professions (Bradshaw, Innovative Teaching Strategies in Nursing and Related Health Professions) Gambling Addiction Cure: Discover Easy Steps on How to Stop Gambling Addiction Problems [Newly Revised Book]

[Dmca](#)