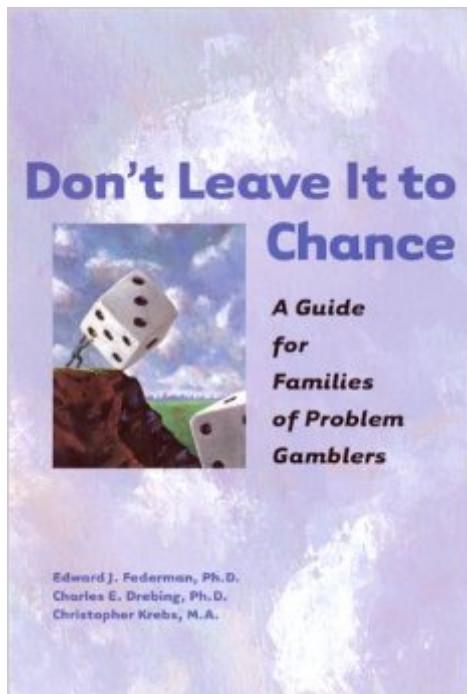


The book was found

Don't Leave It To Chance: A Guide For Families Of Problem Gamblers



Synopsis

This guide provides the families of problem gamblers with a step-by-step programme of cognitive-behavioural strategies to help them overcome the negative hold gambling has on their lives.

Book Information

Paperback: 200 pages

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Language: English

ISBN-10: 1572242000

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Product Dimensions: 8.9 x 6 x 0.7 inches

Shipping Weight: 13.4 ounces

Average Customer Review: 4.3 out of 5 stars See all reviews (3 customer reviews)

Best Sellers Rank: #2,190,469 in Books (See Top 100 in Books) #94 in Books > Health, Fitness & Dieting > Addiction & Recovery > Gambling #853 in Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #4028 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

Customer Reviews

I thought this book was extremely enlightening and thorough in its coverage of the disease of compulsive gambling. It is an excellent resource for families of compulsive gamblers in 1) understanding the disease 2) guiding families and friends of gamblers in the actions they need to take in order to protect themselves as well as in helping the gambler move closer to recovery. In addition, this book provides treatment resource info and some evaluation as to the effectiveness of those type of treatments. This book is a comprehensive guide for the families of compulsive gamblers. Extremely helpful and easy to understand.. A++

I found this book helpful, realistic, and compassionate. Don't Leave It To Chance explores myths and misconceptions about gambling, helps us identify the extent of the problem, and guides us through the emotional and financial impact of the disorder. The authors skillfully bring us to a place where we can build a meaningful dialogue with family members, work through anger, anxiety and loss of trust, and begin the process of regeneration with new momentum and understanding. The scope is comprehensive with a style that is personal, enjoyable and logically consistent. I was

amazed with the depth of insight into motivation, emotional issues and relationships I was collecting along the way. Written with deep psychological understanding and genuine concern, Don't Leave It To Chance sorts through the difficult emotions of this complex issue, teaching skills for introspection and communication that will serve readers in all aspects of their lives.

This book had some good information, however, it doesn't seem to really cover all scenarios.....like the one where the individual is difficult to talk to and is not ready to admit to his addiction. It teaches you how to have a conversation with someone who is willing to have one. If your partner is unwilling to speak to you about it, it leaves you out in the cold as to what you should do next - even if just for yourself. It clearly states you should not leave, but doesn't tell you what you should do. I also was looking for some information that would help me determine if I am enabling the gambling, but that subject did not get covered either. It seems like a book that is better for a therapist or someone who already has some of the basic knowledge associated with this kind of addiction.

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