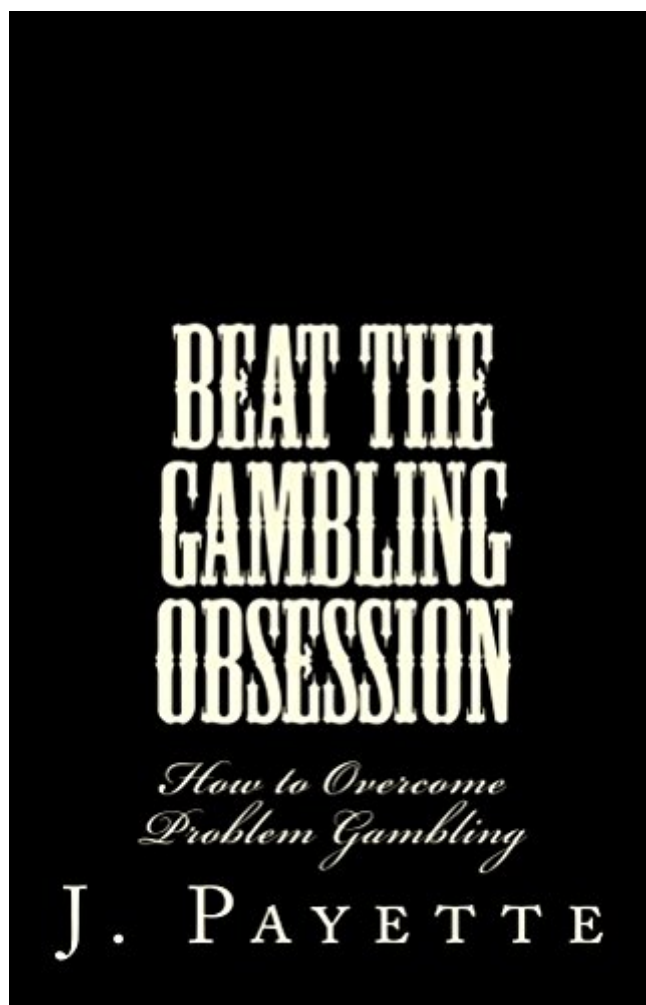


The book was found

Beat The Gambling Obsession: How To Overcome Problem Gambling



Synopsis

Know someone who is a hooked gambler? At risk of disaster or worse? There is a way out. Even after empty promises to quit, loans never repaid, lies told like confetti, there is a way out. An addiction doesn't listen to reason. It listens to itself. All else is a far distant second. It is easy to change from a recreational gambler to a compulsive gambler without the sufferer's knowledge, and so denial is one of the most common symptoms. Without intervention, compulsive gamblers are almost always helpless to quit regardless of the repercussions, even when confronted with the possible destruction of their lives. Even in regions that don't have legal gambling, casinos are literally everywhere via the Internet. It is far too easy to fall into temptation. And complicating matters further, there is often a link that connects nicotine, other drugs, and alcohol with obsessive gambling. There are particular medications that can actually encourage a person to bet. *Beat the Gambling Obsession* is a one-of-a-kind book that effectively teaches simply and clearly how to overcome the scourge that has destroyed so many lives. More than a quit gambling book, however, *Beat the Gambling Obsession* is the retraining guide that covers the true nature of gambling, plus the recently discovered ways to overcome it. Explained within its pages is the fact that compulsive gamblers have been trained to gamble. Just as someone can be trained, so can that person be untrained. *Obsession* is designed to make clear how to reset one's life. To help prevent future misery, *Obsession* includes a maintenance program to prevent a relapse, plus a money management program to protect finances. Since most people with this affliction can't overcome it until they are seriously damaged, *Obsession* offers intervention to someone before they have destroyed their lives. Act now before the curse of so many casinos and so many dangerous temptations takes the very last drop of the victim's self-respect, possessions, and far too often their lives.

Book Information

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Substance Abuse

Customer Reviews

When is an addiction really over? When has it been conquered, or irrevocably run its course? A unique and surprising approach to overcoming gambling addiction is contained in this book authored by someone who believes the answer lies in the ability to say -- without fear of contradiction -- that an uncontrollable urge that once ruled and devastated his life has now been relegated to an activity of small consequence, or even a form of harmless entertainment. The manner in which this objective was achieved does not ignore the rush of excitement that all gamblers crave and inevitably succumb to. Instead, it utilizes this very potent lure, and virtually exhausts it in a manner and in an environment that is both harmless and entertaining. It should appeal equally to both Action and Escape gamblers -- those who are attracted to high risk, and those who wish to lose themselves in something outside of everyday reality. The method itself enables gamblers to gain coping skills and empowerment while living in a world of lotteries, casinos, and all manner of Internet enticement. While these can't be avoided, the desire to participate can be neutralized, or even eliminated. It would be interesting to know how this method might be adapted to other forms of addiction, and if this author has already begun thinking along these lines. - Greta Bishop

This book is written by a, now "cured," problem gambler. I highly recommend this for anyone who either already has an obsession with the casino or betting games and anyone that is even thinking of starting to gamble. It shows how anyone can become addicted by falling into a pattern and thinking about the casino as a solution. The casino is not a solution, pointed out by this book, it will make problems worse if you use it the wrong way. The author does a great job describing his own circumstances and thoughts. He is a story teller and he adds humor and realism to his writing that

keeps you interested. I loved that he shows you what people think and how they get hooked. He has done his research and gives a lot of helpful insight. His strategy for allowing problem gamblers to diagnose and cure themselves makes sense! He gives problem gamblers a way to understand their bad habits visually and with proof! Once someone follows his instruction they will find out that they had it all wrong.

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