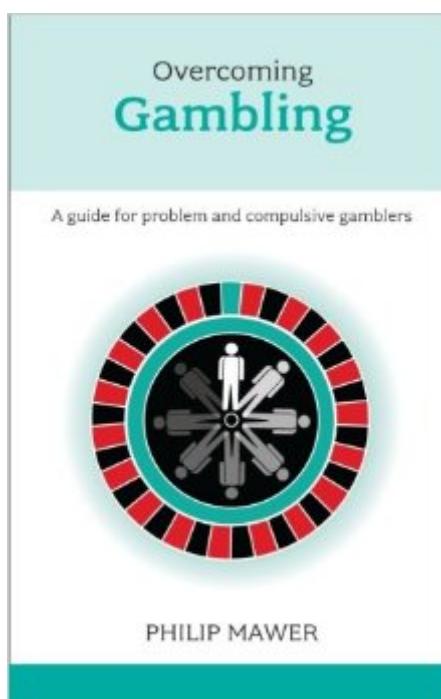


The book was found

Overcoming Problem Gambling - A Guide For Problem And Compulsive Gamblers (Overcoming Common Problems)



Synopsis

Problem gambling is a significant issue in the UK where the number of gambling addicts is estimated to be around 250,000, according to the Gambling Commission's British Gambling Prevalence Survey 2007. It affects a wide range of people from teenagers and students to housewives and retired people, with increasing numbers of people gambling online. Numbers can easily be doubled considering that for each compulsive gambler there is at least one concerned "significant other". Numbers are rising annually, particularly in the UK, due to the softening of gambling advertising laws, an increase in casinos, and the popularity of internet gambling. In the USA, many industry insiders predict a return to internet gambling (stopped in 06 by banning deposits to internet casinos). The recession may also make some people more willing to take risks with their finances. This book analyses how and why people - from those with high incomes to the ordinary housewife or struggling student - gamble compulsively, and looks at how to stop. Topics include: effects of gambling; is it an illness? deciding to stop; how to support the gambler; understanding the gambling industry; changing behaviour patterns and routines; creating a support team; a lifestyle to help you stay stopped

Book Information

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Customer Reviews

Great book basicly is a best book for enyone that want to overcome gambeling , i was gambeling on & off for 3 years & some times i was peying for lotto 649 or lotto max ,When i calculate i saw that i

payed about 1500\$ for lottomax&649 over the 3 years& i lost about 5000\$ in casino & online sportbetting,it means all toghether(6500\$)And i say : ok i lost 6500\$.I dont do any kind of gambeling not even for 1\$ & not even for free ,This book help you undrestand from the root what is the main reason you feel like you want to gamble , i strongly recommend this bookexcellent bookYou never can not find a book or academy better than this bookmake sure you buy a paper book not a kindle edition or ebooki find it easier i allways buy my books in a paper book then i can highlight and have look at them eny time that i want

This book deals with gambling addiction and how to overcome it. Philip Mawer shows the futility of gambling and how it obviously drains one's finances , but how it also wastes so much time, and destroys closeness with friends and families, and how it even destroys one's physical and mental health. He uses a unique approach in getting compulsive gamblers to turn away from their addiction. One thing he suggests is to get away from the "twilight zone" that gambling puts you in, and get away from it for a bit, and realize how you're destroying every facet of your life. He also shows that we need to divert our attention from the selfishness of gambling. Gambling is one of the most selfish pursuits, full of lying and deceit. Mawer says that we need to develop a lifestyle of humility and compassion. Lastly, and I think most importantly , is to develop an anger at the gambling industry and how it has destroyed and conned so many, by promising fool's gold. He says we should use anger to never give the gambling industry another cent. This book offers a distinct perspective, and the author , as a former gambling addict, shows great concern for the reader. Recommended.

Thank you. So. Much. For. Taking. The. Time. To. Write. This. Book. It. Is. The. Best. Book. I. Have. Read. And. Helped. Me. So. Much. Raised. My. Awareness. To. What. Has. Been. Happening. With. My. Gambling. And. How. To. Overcome. It. And. Regain. A. Normal. Life. Cheers,Kerry brisbane. Australia.

Reading about compulsive gambling is one of the hardest thing to bring yourself to do but what a breath of fresh air comes from the insight and hard hitting honesty that Philip Mawer and his wife share in this book.I've never read anything that gave me a better understanding of what drives us to that "Twilight Zone" of the vicious gambling circus, nor have I read anything more encouraging. For the first time in years I can breath.Gambler or the loved one of a compulsive gambler this is the book of how-to answers and hope!

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