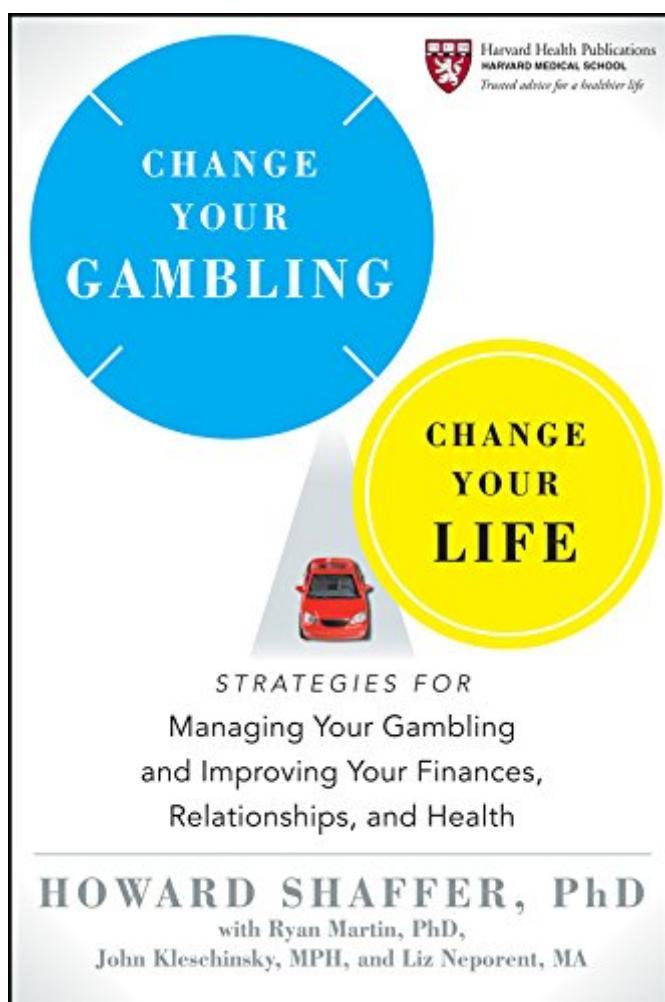


The book was found

Change Your Gambling, Change Your Life: Strategies For Managing Your Gambling And Improving Your Finances, Relationships, And Health (Harvard Health Publications)





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

File Size: 1135 KB

Print Length: 257 pages

Page Numbers Source ISBN: 0470933070

Publisher: Jossey-Bass; 1 edition (January 31, 2012)

Publication Date: January 31, 2012

Sold by:Ã ª Digital Services LLC

Language: English

ASIN: B0074VTBPI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #516,689 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #24

inÃ ª Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Gambling

#47 inÃ ª Books > Health, Fitness & Dieting > Addiction & Recovery > Gambling #172

inÃ ª Kindle Store > Kindle eBooks > Humor & Entertainment > Activities, Puzzles & Games >

Customer Reviews

Very helpful professional

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

Really enjoyed this book!

DISAPPOINTING. FOUND NOTHING HELPFUL IN THIS BOOK. A WASTE OF MONEY

IÃƒÂ¢Ã ¬Ã ¢m 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

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 not able to make a specific review, as I bought this item as a gift for someone else.

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

Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health (Harvard Health Publications) Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health 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) The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind (Harvard Health Publications) 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 Cure: How to Overcome Gambling Addiction and Stop Compulsive Gambling for Life The Ultimate Gambling Addiction Help Guide: How to Overcome a Gambling Addiction and Problem Gambling Once and for All Numerology: Uncover Your Destiny with Numbers•Details about Your Character, Life Direction, Relationships, Finances, Motivations, and Talents! Spinal Cord Injury and the Family: A New Guide (Harvard University Press Family Health Guides) (The Harvard University Press Family Health Guides) The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies (Well-Being Centre = Centre Du Mieux-Etre (Collection)) Harvard Medical School The Joint Pain Relief Workout: Healing exercises for your shoulders, hips, knees, and ankles (Harvard Medical School Special Health Reports) The IVF (In Vitro Fertilization) Journal: The Solution for Managing Practitioners, Tests, Medications, Appointments, Procedures, Finances, and the Emotional Aspects of Your Journey Managing Your Personal Finances (Financial Literacy Promotion Project) Harvard Business Review on Work and Life Balance (Harvard Business Review Paperback Series) Five Minute Finances: The Daily Habit That Can Change Your Life Gambling Addiction: One Last Game!: How To Stop Gambling And Finally Get Your Life Back Fragile Beginnings: Discoveries and Triumphs in the Newborn ICU (Harvard Health Publications)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)