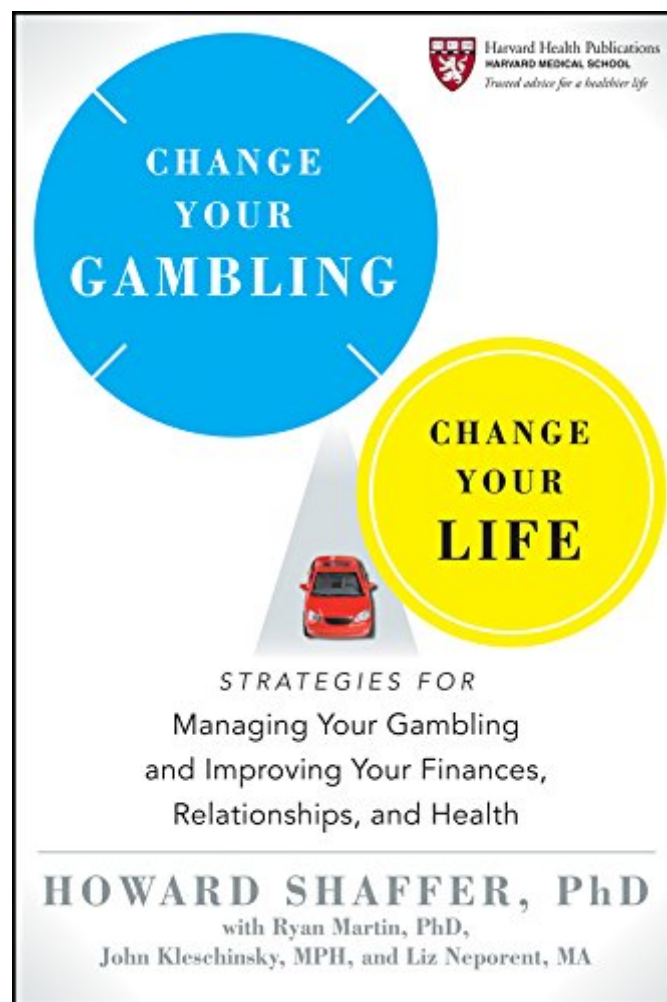


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# Change Your Gambling, Change Your Life: Strategies For Managing Your Gambling And Improving Your Finances, Relationships, And Health (Harvard Health Publications)





## 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

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## 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

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

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.

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