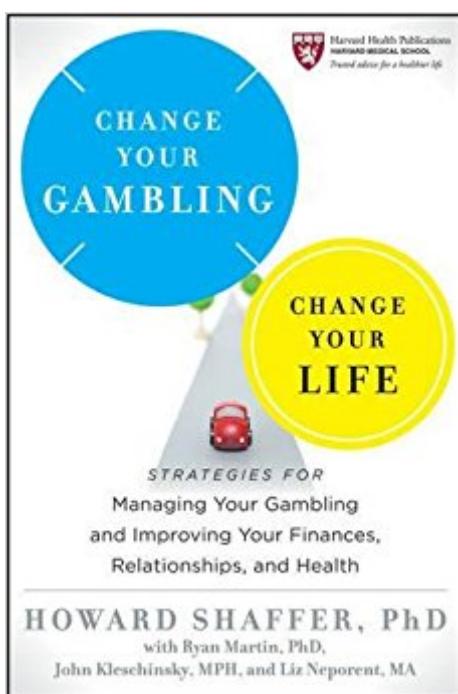


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# Change Your Gambling, Change Your Life: Strategies For Managing Your Gambling And Improving Your Finances, Relationships, And Health



## **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**

If you or someone you love has a problem with gambling, this research-based guide offers a practical approach to controlling the destructive urge to gamble. Change Your Gambling, Change Your Life is an accessible book that explains how gambling problems are related to other underlying issues such as anxiety, mood fluctuation, difficulty with impulse control, and substance abuse problems. With compassion and insight, the authors offer a series of self-tests to help evaluate the

degree of the gambling problem and analyze the psychological and social context of the behavior. The book includes a toolbox of easy-to-apply strategies and approaches for ending the impulse to gamble, as well as commonsense advice for avoiding slips and preventing backslides. Praise for Change Your Gambling, Change Your Life "???Change' is in the title of this fine book, and the book succeeds in offering some of the clearest, most open-minded guidance for change that you could hope for. If you suffer from compulsive gambling or care about someone who does, this book is a must-read." &#151;Lance Dodes, MD, assistant clinical professor of psychiatry, Harvard Medical School "A practical self-help approach for recovery from gambling problems based upon scientific principles and extensive clinical experience. This book is a wonderful resource for individuals with a gambling addiction seeking to improve their lives and for clinicians encouraging individuals to make these changes." &#151;Jeffrey L. Derevensky, PhD, professor, Psychiatry, and codirector, International Centre for Youth Gambling Problems and High-Risk Behaviors, McGill University, Montreal, Canada

Howard Shaffer, PhD, a pioneer in the field of gambling addiction, is an associate professor of psychology at Harvard Medical School and the director of the Division on Addiction at the Cambridge Health Alliance. He has an active private practice and consults internationally to a variety of organizations in business, education, human services, law, and government. Ryan Martin, PhD, is an assistant professor in the Department of Health Education and Promotion at East Carolina University. John Kleschinsky, MPH, spent three years at the Cambridge Health Alliance's Division on Addiction and is currently pursuing a DrPH in social and behavioral sciences at the Boston University School of Public Health. Liz Neporent, MA, is an award-winning health and medical journalist who has written fifteen best-selling health titles.

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**

IÃ¢Â¢Â¢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.

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behavior, behavior change communications 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 Emerging Theories in Health Promotion Practice and Research: Strategies for Improving Public Health Crashproof Your Life: A Three-Part Plan for Protecting Your Career, Finances, and Life Winning Your Personal Injury Case: The Ultimate 8 Step Guide To Protect Your Health, Family and Finances GAMBLING ADDICTION: Overcome Gambling Compulsion Today! Beat the Gambling Obsession: How to Overcome Problem Gambling

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