



Taking Back Your Life: Women and Problem Gambling

By Diane Rae Davis Ph. D.

Hazelden. Paperback. Book Condition: New. Paperback. 248 pages. Dimensions: 8.2in. x 5.4in. x 0.7in. Today there are more than five million women who struggle with problem gambling in the United States alone, and this number is increasing as casinos, online card rooms, and other venues continue to multiply. Despite this high number, those who do seek assistance often find that their experiences as women the taboo of being female and having a gambling problem, and the social and cultural pressures specific to women are not addressed. In this groundbreaking book, addiction expert Diane Rae Davis, Ph. D. , offers women everywhere the support they need to face this debilitating problem and take the necessary steps to regain control of their lives. Offering information on preventing relapse, finding support groups, and healing relationships with loved ones, Davis uses the most up-to-date research and methods for treatment to help women gamblers identify what makes them vulnerable to addiction. Recognize the costs and consequences of gambling behaviors. See what it means to hit bottom. Determine how to begin and continue on the road to recovery using a virtual toolbox of techniques. Each section of this user-friendly guide highlights real success stories of women who have gone...



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

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