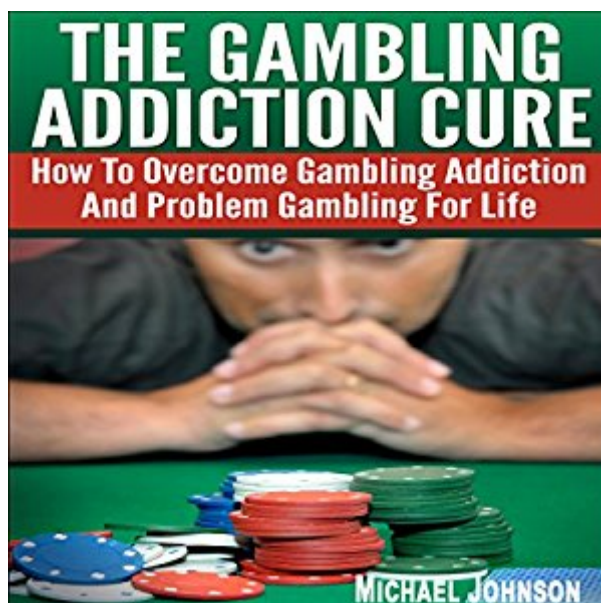


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# The Gambling Addiction Cure: How To Overcome Gambling Addiction And Problem Gambling For Life



## Synopsis

Discover how to overcome gambling addiction for life You're about to discover a proven strategy for how to overcome gambling addiction and problem gambling for the rest of your life. Millions of people suffer from gambling addiction and throw away their finances and destroy their families' futures through this destructive habit. Most people realize how much of a problem this is but are unable to change their addiction simply because it's been apart of their lifestyle for so long. The truth is if you are suffering from gambling addiction or problem gambling and haven't been able to change, it's because you are lacking an effective strategy and haven't yet changed your associations with your gambling addiction. This audiobook goes into a step-by-step strategy that will help you free yourself from gambling addiction and be able to take control of your life. Here is a preview of what you'll learn: How to recognize your gambling problem How to get the right treatment for gambling addiction How to overcome gambling addiction Maintaining your progress How to help a family member with a gambling problem How to prevent a relapse Take action right away to overcome your gambling addiction and problem gambling today by listening to this audiobook.

## Book Information

Audible Audio Edition

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## Customer Reviews

This book seriously saved my relationship! My boyfriend has a gambling problem and whenever I tried to bring it up to him he got really defensive and acted like I was crazy or something. I downloaded this book on our Kindle hoping to find a solution to how to approach him or get him help. He ended up reading it and finally admitting he has a problem. I honestly don't think he will

ever stop being addicted to gambling but this book has taught him how to control himself and resist the urge to gamble or at least to gamble "more" responsibly.

This book is great! It is helpful, not only to individuals who are addicted to gambling, but also to anyone who is interested in this problem or knows someone who might be struggling with it. The society is exposed to so many gambling venues nowadays. In my opinion, the access to gambling games has increased even more with technology development. What always intrigued me was what attracts people to this so much? So many people lose important things because of this addiction, such as their families, homes and jobs. The author, Stefan Pylarinos, covers all the questions you might have regarding gambling, he offers a step-by-step strategy to recognize if you or a close one have a gambling problem, how to overcome it and prevent a relapse in the future. This is a book I will definitely recommend!

I think anyone with any addiction would benefit from this book. It explains the problem, signs, limiting beliefs about gambling and steps to curing the addiction. For gamblers and loved ones of gamblers.

Nothing you probably haven't hear before although is different when someone is teeling you because you don't want to hear it than reading by yourself alone. It does make you feel better and helps you understand your problem and ways to treat it. The important thing is to put it in practice and don't fall if you want to get ride out of your gambling problem.

Great advice, i always had a problem controlling myself with gambling and lost a lot of money, but soon after i stumbled upon this ebook i noticed such a drastic change where i don't feel the need to gamble anymore.

This book beyond a doubt is the definitive guide on how to cure a gambling addiction. My husband started gambling after our son died. I was at the end of my rope and our marriage on he rocks. I've read many books before but this book gave us all the tools we needed for him to be free. One of the main thing this very well written book addresses is not the gambling itself but the understanding of the emotional triggers that gives a person the urge to gamble. With clear logical steps to follow, this book benefited my husband immensely Instead of hiding his fear and emotions in gambling, he openly addresses them and in doing so lessen the urge to gamble. Thanks for saving our marriage

and turning our lives around.

I have been getting closer and closer to resolving my gambling problem. This book does provide helpful information on calming down the problem. Gambling is something that is easily addictive. Also, I now know how to assist a family member if one of them ever have this issue.

This book is very well written, and contains many powerful techniques for dealing w a gambling problem (and also friends or family members who may have a gambling problem). While there are no "easy answers" or "magic pills" to solve a problem like this, the author does a great job of discussing the problem, root causes and ways of dealing with the problem, prevent relapses, and the psychology of addiction. I learned a lot, and would highly recommend this book.

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