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Behind The 8-Ball: A Recovery Guide For The Families Of Gamblers



Synopsis

Is someone you care about gambling your life away? You don't have to be a gambler yourself to suffer from the often disastrous effects of excessive gambling. Behind the 8-Ball is the must-have guide to reclaiming your financial, legal, and emotional freedom. Spouses, parents, siblings, children, friends, and coworkers of the gambler will learn how to: Understand why some people lose control of their gambling Recognize the compulsive gambler and realistically assess the financial and emotional damage he or she is causing you and others Accept that you can't control someone else's gambling Encourage the gambler to seek help Recover from being involved with a gambler For anyone who is or has ever been involved with someone who gambles too much, this supportive, informative volume delivers all the tools and motivation you need to rebuild your life.

Book Information

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Customer Reviews

Linda Berman, LCSW, and Mary-Ellen Siegel, LCSW, are both psychotherapists in private practice recognized for their work with out-of-control gamblers and families of gamblers as well as their presentations at conferences and on radio and television. Berman was previously the program coordinator of the Compulsive Gambling Program and Addiction Center at Westchester Jewish Community Services. Siegel is a clinical instructor in the Department of Community and Preventive Medicine at the Mount Sinai School of Medicine in New York. --This text refers to an alternate Paperback edition.

This book is spot on, and thus extremely depressing (but still spot on). I basically followed the section which broke down how to talk to your gambler, including where to pause, verbatim in talking

to the gambler in my own life (I rehearsed a bit because I used to get so flooded.) I bought a used copy and refer to it occasionally these days to remind myself of why gambling can be so toxic, and to remind myself of what I can be doing to practice self-care. I can now authoritatively explain to people how gamblers think, or at least explain how my gambler thinks, and this book gave me the words and concepts to do so. Again, I'm sorry if you have to read this book because you're probably already in a lot of pain. My only wish is this came as an audio recording so I can prompt others to listen to it while driving around.

I'm an addiction therapist specializing in gambling disorders. I treat many family members of the addict. This book is a great resource for them. I give it to all my families.

The Snow Lion: A Spiritual Journey
The author gives many examples of real life situations told from the perspective of the compulsive gambler and spouse. There are clear and direct methods to overcome compulsive gambling as well as methods to overcome the effects of living with a compulsive gambler. I would recommend this book to the compulsive gambler and to all those who are living with the compulsive gambler. I found it quite helpful.

I must say, it was a real eye-opener. Anyone who is dealing with a CG will find this book helpful in the identification of this hard to see affliction. A must read for anyone trying to cope with this issue. I used it for research in one of my Bio Behavioral Health classes on addictions, pulled an A!

I was able to relate to this book completely. It doesn't give false hope/promises. Tells it like it is and what you need to do to change your own life because you have zero control over others. You can only change yourself.

Loved the book really helped me understand the gambling addiction that my brother has and how to deal with him! The book was very benitficalional. I really enjoyed it!

a very good book to read for recovery of gamblers that is indepth. Behilnd the 8th ball is well done.

useful

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