



## Overcoming Compulsive Gambling

By Alex Blaszcynski

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Compulsive Gambling, Alex Blaszcynski, Struggling with a gambling habit? If you feel that a 'flutter' has evolved into something out of your control, this indispensable book is for you. This self-help manual uses cognitive behavioral techniques, pioneered by clinical psychologist Professor Alex Blaszcynski, and now used all over the world, to help with gambling addiction. It will help you to understand how your own gambling problem has developed and what is keeping it going; also, crucially, how to develop the motivation to stop and control any future urges to gamble again.

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