

The book was found

Overcoming Compulsive Gambling (Overcoming Books)



OVERCOMING COMPULSIVE GAMBLING

A self-help guide using Cognitive Behavioral Techniques

'Cognitive behavioral techniques are, in my opinion, the most effective form of psychological therapy for emotional disorders.' Dr James Le Fanu, GP



Synopsis

Overcoming Compulsive Gambling has been developed as a self-help manual by Professor Alex Blaszczynski. He pioneered the cognitive behavioral techniques described in this guide, and they are now taught in countries all over the world. For those to whom gambling is not just a 'flutter' but a compulsion adversely affecting every aspect of life, for their families and friends, and for those working in the medical profession, this guide will prove indispensable.

Book Information

Series: Overcoming Books

Paperback: 192 pages

Publisher: Robinson Pub (September 1998)

Language: English

ISBN-10: 1854874845

ISBN-13: 978-1854874849

Product Dimensions: 5.1 x 0.6 x 7.8 inches

Shipping Weight: 6.4 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #725,573 in Books (See Top 100 in Books) #39 inà Books > Health, Fitness & Dieting > Addiction & Recovery > Gambling #1505 inà Â Books > Textbooks > Social Sciences

> Psychology > Clinical Psychology #11962 inà Â Books > Self-Help > Personal Transformation

Customer Reviews

Professor Alex Blaszczynski is a practising clinical psychologist and member of the Psychiatry Research and Teaching Unit, School of Psychiatry, University of New South Wales.

Download to continue reading...

Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction, Gambling, Compulsive

Gambling, Roullette, Gambling Systems) The Gambling Addiction Recovery Workbook: Written by a Former Gambler (Gambling Addiction Cure, Compulsive Gambling, Problem Gambling, Gambling Stories) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Gambling Addiction Cure: How to Overcome Gambling Addiction and Stop Compulsive Gambling for Life Overcoming Compulsive Gambling (Overcoming Books) The Ultimate

Gambling Addiction Help Guide: How to Overcome a Gambling Addiction and Problem Gambling Once and for All Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Gambling: Just Stop Pressing The Button: The Truth Behind our Gambling Addiction - What Most People Do Not Understand And How You Stop Gambling Away Your Life Compulsive Hoarding: Understanding & Treating Compulsive Hoarding Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health (Harvard Health Publications) GAMBLING ADDICTION: Overcome Gambling Compulsion Today! Gambling Addiction: One Last Game!: How To Stop Gambling And Finally Get Your Life Back Beat the Gambling Obsession: How to Overcome Problem Gambling Overcoming Compulsive Hoarding: Why You Save and How You Can Stop The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series) Sex, Drugs, Gambling, and Chocolate: A Workbook for Overcoming Addictions READING ORDER: TAMI HOAG: BOOKS LIST OF THE BITTER SEASON, KOVAC/LISKA BOOKS, HENNESSY BOOKS, QUAID HORSES, DOUCET BOOKS, DEER LAKE BOOKS, ELENA ESTES BOOKS, OAK KNOLL BOOKS BY TAMI HOAG God Talks to Me about Overcoming Fears - Fear - Overcoming Fear - Children's Book about Friends - Catholic Children's Books - God's Word for Children ... Afraid - Padded Hard Back (God Talks with Me) Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12)

Contact Us

DMCA

Privacy

FAQ & Help