

# Taking Back Your Life: Women And Problem Gambling - Diane Rae Davis

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Up-to-date, guided support to help women with a gambling problem achieve the rewards of a hopeful life, free of addiction Today, more than five million women in the United States struggle with problem gambling, and this number continues to increase as casinos, online card rooms, and other venues continue to multiply. 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 through the same issues and treatment strategies, and who have discovered the rewards of beating a gambling problem and reclaimed hope for their lives. Diane Rae Davis, Ph.D., is a professor in the School of Social Work and Human Services at Eastern Washington University. She has researched and written extensively on addiction and recovery, specifically with regard to women in recovery from compulsive gambling. Author: Davis, Diane Rae Publisher: Hazelden Illustration: N Language: ENG Title: Taking Back Your Life: Women and Problem Gambling Pages: 00248 (Encrypted EPUB) On Sale: 2009-10-23 SKU-13/ISBN: 9781592857326 Category: Psychology : Psychopathology - Addiction Category: Self-Help : Twelve-Step Programs Category: Self-Help : Motivational & Inspirational

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