

OVERCOMING PROBLEM GAMBLING - A GUIDE FOR PROBLEM AND COMPULSIVE GAMBLERS (OVERCOMING COMMON PROBLEMS) BY PHILIP MAWER



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Overcoming Gambling

A guide for problem and compulsive gamblers



PHILIP MAWER

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About the Author

Philip Mawer has had wide international experience in senior management overseas, in companies providing services such as catering and cleaning. Originally from Taunton, Somerset, he has worked in Yemen, Algeria, Afghanistan, Australia, Cyprus and the Ukraine. He wrote this book after overcoming his own gambling problem.

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Problem gambling is a significant issue in the UK where the number of gambling addicts is estimated to be around 250,000, according to the Gambling Commission's British Gambling Prevalence Survey 2007. It affects a wide range of people from teenagers and students to housewives and retired people, with increasing numbers of people gambling online. Numbers can easily be doubled considering that for each compulsive gambler there is at least one concerned "significant other". Numbers are rising annually, particularly in the UK, due to the softening of gambling advertising laws, an increase in casinos, and the popularity of internet gambling. In the USA, many industry insiders predict a return to internet gambling (stopped in 06 by banning deposits to internet casinos). The recession may also make some people more willing to take risks with their finances. This book analyses how and why people - from those with high incomes to the ordinary housewife or struggling student - gamble compulsively, and looks at how to stop. Topics include: effects of gambling; is it an illness? deciding to stop; how to support the gambler; understanding the gambling industry; changing behaviour patterns and routines; creating a support team; a lifestyle to help you stay stopped

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excellent book strongly recommend it

By milad in love

Great book

basically is a best book for anyone that want to overcome gambling , i was gambling on & off for 3 years & some times i was paying for lotto 649 or lotto max ,

When i calculate i saw that i paid about 1500\$ for lottomax&649 over the 3 years & i lost about 5000\$ in casino & online sportbetting,it means all together(6500\$)

And i say : ok i lost 6500\$.

I dont do any kind of gambling not even for 1\$ & not even for free ,

This book help you understand from the root what is the main reason you feel like you want to gamble , i strongly recommend this book

excellent book

You never can not find a book or academy better than this book

make sure you buy a paper book not a kindle edition or ebook

i find it easier i always buy my books in a paper book then i can highlight and have look at them any time that i want

1 of 1 people found the following review helpful.

Excellent!! The most informative encouraging book I've found.

By K. Sommerville

Reading about compulsive gambling is one of the hardest thing to bring yourself to do but what a breath of fresh air comes from the insight and hard hitting honesty that Philip Mawer and his wife share in this book.

I've never read anything that gave me a better understanding of what drives us to that "Twilight Zone" of the vicious gambling circus, nor have I read anything more encouraging. For the first time in years I can breath.

Gambler or the loved one of a compulsive gambler this is the book of how-to answers and hope!

1 of 1 people found the following review helpful.

Overcoming problem gambling is a fantastic self help read

By Debbie

"Overcoming problem gambling" is a true self help book that gives you inspiration and courage to change your ways and try to help the troubled persons around you. Learning a little of the authors story helps you relate to your self and face facts. I would recommend this not only if you are or have had gambling problems but also if you have not experienced such as it gives you a drive to help people.

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