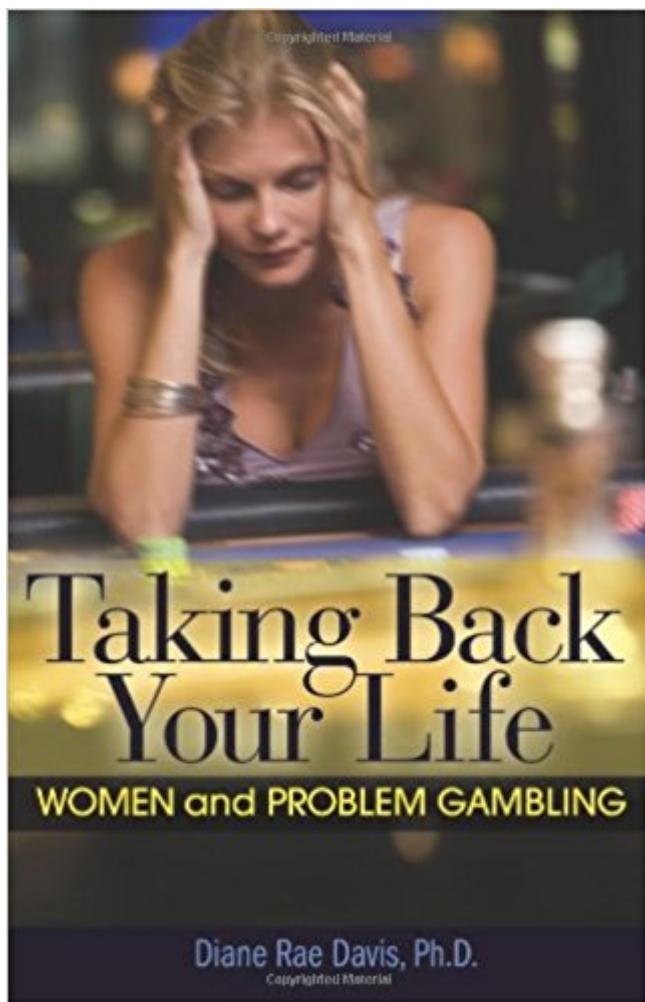


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# Taking Back Your Life: Women And Problem Gambling



## **Synopsis**

Up-to-date, guided support to help women with a gambling problem achieve the rewards of a hopeful life, free of addictionUp-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 addictionrecognize the costs and consequences of gambling behaviorssee what it means to "hit bottom"determine how to begin and continue on the road to recovery using a virtual toolbox of techniquesEach 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.

## **Book Information**

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## **Customer Reviews**

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. She is co-author of *Addiction Treatment: A Strength Perspective* and author of *Taking Back Your Life: Women and Problem Gambling*.

Won't get into detail, but I lost \$45,000 on slots this year. My husband had been coming with me and we won the jackpot many, many times. It's easy to play the money back down. Once, I started going on my own, I'd get thousands of dollars in cash advances, not telling my husband. The last and final time I went, I was at one point \$400 ahead, and instead of coming back home, I took a cash advance out for \$5,000! I blew through \$7,000 when I should've stopped when I was up. But I didn't, and finally admitted to myself that I was addicted. I am still drawn to go there, but luckily it's 2.5 hours away and that dissuades me too.

This book is a gripping, well-written, and absolutely fascinating book on the subject of problem gambling, particularly how it pertains to women (though it really CAN be used for anyone who struggles with or knows someone struggling with this progressive and relentless addiction). Furthermore, there are numerous references, website links, and other practical, useable websites and suggested areas for further reading, which will help the truly addicted, recovering problem gambler as they seek even more support to battle gambling and all of the issues which accompany gambling. The thing I liked the most about this book was the obvious multi-pronged analysis and real-world "look" at the reasons, triggers, contributing factors (i.e. heredity, proximity to gambling establishments), and the other "issues" which often go hand in hand with compulsive gambling (drinking, mental health issues, etc.). This is a must-read for anyone who is truly sick and tired of being sick and tired, and who wants to find hope, resource, and information on how to take back their lives.

I ordered this book in a "Kindle for PC" version, which downloaded immediately. The author does a very good job of not writing from her own perspective, but only from those of the many women pathological gamblers that she interviewed. Therefore, it will ring very true to a problem gambler who reads the book. Also, since the women she interviewed were all successful in quitting gambling, their various paths to that abstinence will be of interest to a problem gambler wanting to quit. The book is very well written, and gives her many sources of information. I would recommend it

to any problem gambler, but especially female ones.

A MUST READ!!!! IF YOU THINK YOU MIGHT HAVE A GAMBLING PROBLEM OR JUST FEEL SOMETHING IS NOT RIGHT- READ THIS BOOK!!!! Great insight into why we gamble etc. This book changed my life. I read it but it took me a while to come to terms with my addiction . After spending lots of time and money I realized I had a problem. This book helped open my eyes- A must read !!! Well worth the money- changes are you spend more than the cost of this book at the casino- this book will help open your eyes to addiction

I started reading this book 6 weeks after joining Gamblers Anonymous. I found the book very informative, well written and very easy to relate to. She does an excellent job explaining how a person gets 'addicted" to gambling as far as how the brain works and what casinos do to manipulate you. Like the book says, "how did a nice girl like you get into such a destructive behavior as gambling". The feelings of many women with gambling problems was easy to relate to and helped me understand how I got into this mess, and how I am going to get out of it. A must read for all women with gambling problems and also for her family and spouse. I found this book more informative and helpful than Gamblers Anonymous.

An easy read, this book is really uplifting and really SMART for women tired of being told/feeling how hopeless addiction is. There is a lot of good information on how and why this addiction starts, and how and why it can end. A good book for everyone - counselors, addicts, family members, and people who work in casinos...eye-opening. Thanks for writing this, Dr. Davis.

The most comprehensive and well written book on this topic. Personal stories bring it home for anyone wanting to understand and get help. Solutions aren't restricted to a 12-step program, but offer a variety of solutions from relatable women.

I learned a lot of most valuable info from this book. More than from others.

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(Overcome ... Sports Gambling, Fantasy Sports, Poker) The Gambling Addiction Recovery Workbook: Written by a Former Gambler (Gambling Addiction Cure, Compulsive Gambling, Problem Gambling, Gambling Stories) The Ultimate Gambling Addiction Help Guide: How to Overcome a Gambling Addiction and Problem Gambling Once and for All Taking Back Your Life: Women and Problem Gambling 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 Gambling Addiction Cure: How to Overcome Gambling Addiction and Stop Compulsive Gambling for Life Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Gambling Addiction: One Last Game!: How To Stop Gambling And Finally Get Your Life Back 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) Beat the Gambling Obsession: How to Overcome Problem Gambling GAMBLING ADDICTION: Overcome Gambling Compulsion Today! Women with Controlling Partners: Taking Back Your Life from a Manipulative or Abusive Partner Perfect Bet: How Science and Math Are Taking the Luck out of Gambling Craps Book: The Best Gambling Guide to Beating Casino Craps - The Power of Pairs: Taking Advantage of Combined Probabilities on the Dice and Other Advanced Craps Strategies Your Drug May Be Your Problem, Revised Edition: How and Why to Stop Taking Psychiatric Medications [ ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH ] By Ballweg, Mary Lou ( Author) 2003 [ Paperback ] How to Be a Rock Star Doctor: The Complete Guide to Taking Back Control of Your Life and Your Profession

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