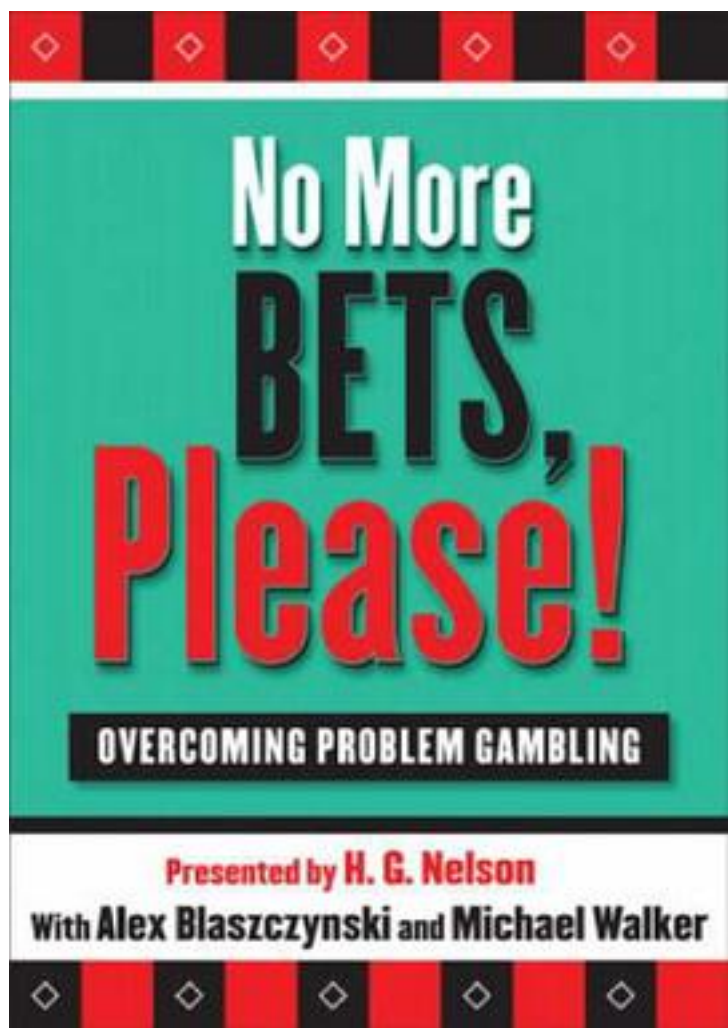


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This straight-talking, empowering video program offers essential information on how problem gambling develops, its damaging impact on individuals and families, and how it can successfully be treated. Through candid first-hand accounts from four recovering gamblers, along with illuminating commentary from mental health experts, the program shows gamblers, their families, and professionals: * how an alluring diversion becomes a shameful secret as problem gambling takes hold * common myths and misperceptions about gambling - and why "winning big" is so unlikely * the benefits of individual and group therapy and self-help approaches * ways to overcome setbacks in recovery and make meaningful, lasting changes.

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