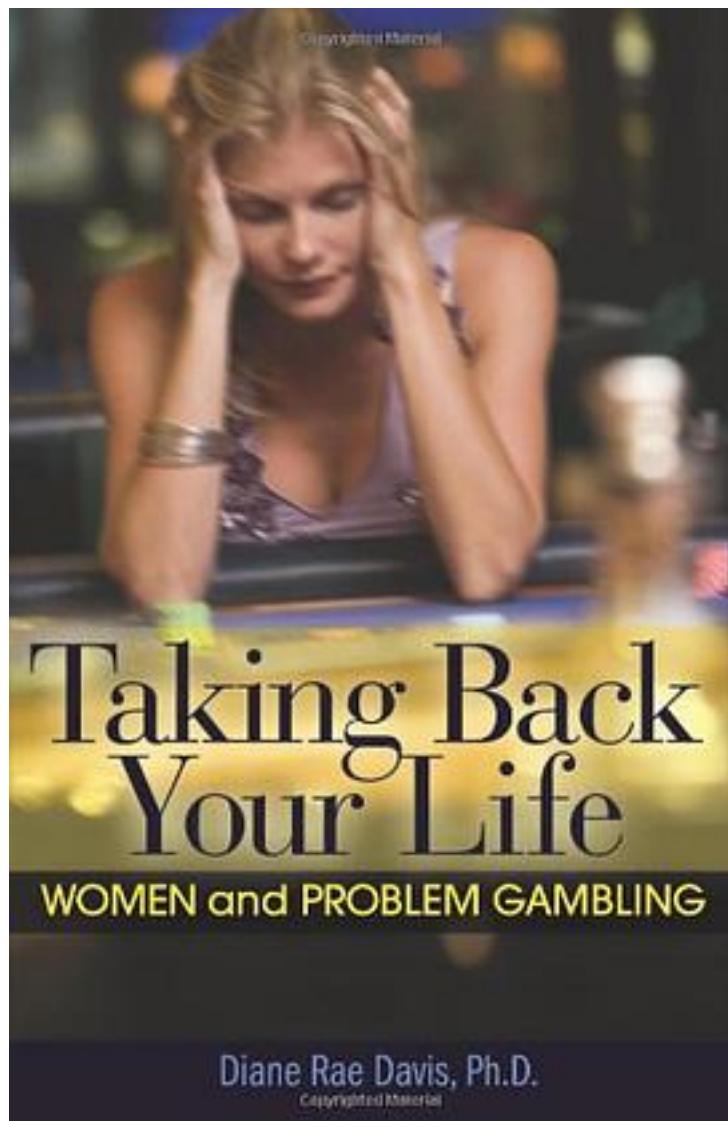


# Taking Back Your Life



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Today there are more than five million women who struggle with problem gambling in the United States alone, and this number is increasing as casinos, online card rooms, and other venues continue to multiply. Despite this high number, those who do seek assistance often find that their experiences as women—the taboo of being female and having a gambling problem, and the social and cultural pressures specific to women—are not addressed. 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

LI Identify what makes them vulnerable to addiction/LI  
LI Recognize the costs and consequences of gambling behaviors/LI  
LI See what it means to 'hit bottom' /LI  
LI Determine how to begin and continue on the road to recovery using a virtual toolbox of techniques/LI  
UL Each section of this user-friendly guide highlights real success stories of women who have gone through the same issues and treatment strategies, and have discovered the rewards of beating a gambling problem and reclaimed hope for their lives.

作者介绍:

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