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Gambling Addiction: One Last Game!: How To Stop Gambling And Finally Get Your Life Back



Synopsis

One Last Game!Fellow readers, Congratulations on choosing to address your issues with the help of this particular book.In "One Last Game!", you will learn specific strategies to help you be able to deal with gambling addiction, side effects and everything that is related to it. While many books will tell you that you need to just stop, they completely miss out on helping you with the situation. They aren't dealing with the SOURCE of the problem. You can only learn how to deal with the problem when you understand, that gambling addiction is just as serious as any other addiction. Learn how to deal with it.In this book, you get to know all about the source of the problem, how to treat it and regain the control over your life.This is how you start living again.Here Is A Preview Of What You'll Learn...Some questions to ask yourselfImportance of setting goalsGambling to get rid of DebtBefore, during and after gamblingAbstinence and Control in gamblingBehavioral copingMuch, much more!Grab your copy today!

Book Information

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