



First Steps Out of Problem Gambling (Paperback)

By Lisa Ustok, Joanna Hughes

Lion Hudson Plc, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. First Steps is a new series of short, affordable self-help on a range of key issues. In First Steps out of Gambling, Lisa Mills and Joanna Hughes draw on extensive experience, both professionally and personally to address the issue of gambling addiction. What is gambling? How does it become an addiction? How to recognise an addiction. How to take the first steps away from gambling. Other titles in the First Steps series include: Anxiety, Bereavement, Depression, Eating Disorders and Problem Drinking.



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Reviews

This ebook could be well worth a study, and superior to other. It really is basic but unexpected situations inside the 50 % of your ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Prof. Buford Ziemann**

Basically no words to explain. I actually have study and that i am sure that i will gonna read once more again down the road. You are going to like just how the blogger publish this pdf.

-- **Ms. Tamara Hackett DVM**