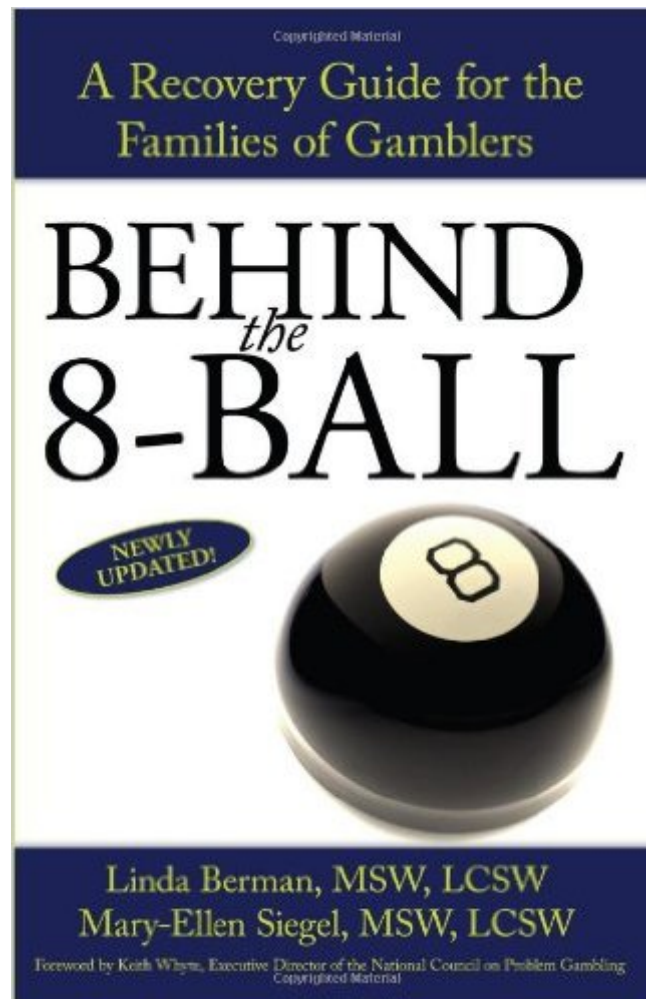


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# BEHIND The 8-BALL: A Recovery Guide For The Families Of Gamblers



## Synopsis

"This book is essential for gamblers, families, friends, and professionals who need to know more about the personalities of gamblers. It is a precise, updated, and accurate look at how gambling affects families."-Timothy W. Fong, MD, co-director, UCLA Gambling Studies Program

"This book remains as important today as ever and has remained the standard reference for family members of gamblers."-Keith Whyte, executive director, National Council on Problem Gambling

Is someone you care about gambling your life away? You don't have to be a gambler yourself to suffer from the often disastrous effects of excessive gambling. Behind the 8-Ball is the must-have guide to reclaiming your financial, legal, and emotional freedom. Spouses, parents, siblings, children, friends, and coworkers of the gambler will learn how to:

- Understand why some people lose control of their gambling
- Recognize the compulsive gambler and realistically assess the financial and emotional damage he or she is causing you and others
- Accept that you can't control someone else's gambling
- Encourage the gambler to seek help
- Recover from being involved with a gambler

For anyone who is or has ever been involved with someone who gambles too much, this supportive, informative volume delivers all the tools and motivation you need to rebuild your life.

## Book Information

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## Customer Reviews

I thought this book is one of the most thorough and helpful books regarding dealing with gambling addiction. It enlightens on how you can protect yourself from the throes of gambling. It provides information that will help you understand and deal with the illness. Excellent book!

I am Clinical Psychologist who treats gambling addiction. This book is an important tool for spouses of gamblers who are starting to come to terms with the problem. As one prior reviewer noted, it does not provide false hope for families who are being destroyed by this difficult addiction. What it does to is help a spouse wake up to the reality that if the gambler does not stop their lives will be ruined as well as that of the gambler. Pathological gambling is a very treatable issue and most people that I have worked with get better, but it certainly is not a perfect line from wanting to get better to never gambling again. This book will help prepare the spouse (it is more for a spouse than a parent or sibling) for the worse-case out come. Strongly recommended.... Eric Geffner, Ph.D.[...]

This book is an excellent resource for family members in a variety of situations. Whether they are just starting to learn about gambling as an addiction and need to know what signs and symptoms to watch for or whether they are well beyond that stage and needing to know what to do with an early or later recovery family member this book provides a clear, easy to read resource that is a good adjunct to counselling, group work or even as a stand alone resource.

This book is spot on, and thus extremely depressing (but still spot on). I basically followed the section which broke down how to talk to your gambler, including where to pause, verbatim in talking to the gambler in my own life (I rehearsed a bit because I used to get so flooded.) I bought a used copy and refer to it occasionally these days to remind myself of why gambling can be so toxic, and to remind myself of what I can be doing to practice self-care. I can now authoritatively explain to people how gamblers think, or at least explain how my gambler thinks, and this book gave me the words and concepts to do so. Again, I'm sorry if you have to read this book because you're probably already in a lot of pain. My only wish is this came as an audio recording so I can prompt others to listen to it while driving around.

This book is an excellent resource for an ever-growing problem in our society. It very effectively explores the origins, family responses, treatment, and prognosis for this form of addiction. It will help the spouse and family of an addicted gambler begin to understand and to get a grip on an addiction that has destroyed many families in recent times. It will give an understanding you may not find outside of a support group.

This book remains my top recommendation for family members and loved ones of gambling addicts.

The book is practical and an easy read. Its been around for many years, and I believe this is the latest edition. As an addiction psychiatrist myself, I have often had family members tell me that the book was useful to them. It can sometimes paint a rather grim picture of the addiction itself, so its important to keep in perspective that this book presents reality in a rather stark way, but in most cases that's exactly what's needed.Omar S. Manejwala, M.D.Author of [...]

I must say, it was a real eye-opener.Anyone who is dealing with a CG will find this book helpful in the identification of this hard to see affliction.A must read for anyone trying to cope with this issue. I used it for research in one of my Bio Behavioral Health classes on addictions, pulled an A!

Only in my opinion, this book is a hard reader. I had to read some pages over just to grasp what was being said. I couldn't finish it. But from what I read, the author knows what she's talking about A bit bummed out :(

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