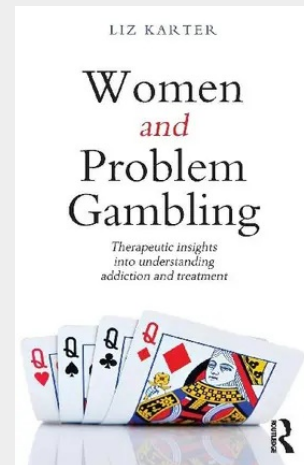


Women and Problem Gambling

Therapeutic insights into understanding addiction and treatment

Addiction is much misunderstood. Women and addictive gambling even more so, and for many years women have suffered in silence. This book explores how lonely, troubled lives and damaging relationships lead to the trap of problem gambling, the anxiety and chaos whilst locked inside, and then offers realistic hope of a way out. With the significant increase in women gambling problematically, Women and Problem Gambling aims to answer the often asked question 'who is to blame?' the text covers: - the role of the gambling industry - the role of society - women's relationships with others and themselves - what 'hitting rock bottom' truly is Case studies illustrate how gambling begins as harmless escapism and how stressful and sometimes painful lives, combined with spiralling debts, lead to desperation to avoid thoughts, feelings and the reality of life in chaos. Women can, and do, stop gambling, and the author shares anecdotes from patients, and discusses therapeutic models and practical strategies to demonstrate how this is possible. Women and Problem Gambling is based on the author's research and theories developed throughout her extensive practice. The insights will be of value to anyone wanting to understand or work with problem gambling in women; from a woman with a problem herself, thorough to family, friends and any healthcare professionals or therapists involved in her care and treatment.

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45,10 €

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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780415686372

Medium: Buch

ISBN: 978-0-415-68637-2

Verlag: Routledge

Erscheinungstermin: 14.03.2013

Sprache(n): Englisch

Auflage: 1. Auflage 2013

Produktform: Kartoniert

Gewicht: 220 g

Seiten: 168

Format (B x H): 140 x 216 mm

