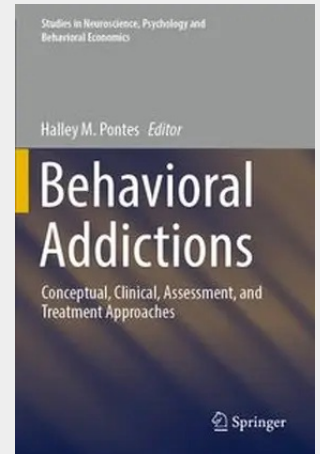


Behavioral Addictions

Conceptual, Clinical, Assessment, and Treatment Approaches

This book provides a holistic evidence-based perspective on conceptual, clinical, assessment, and treatment aspects of key non-substance-based addictive disorders related to: gambling, gaming, social media, smartphone, internet, love, sex, exercise, work, and shopping. Each chapter focuses on a different addictive disorder and is structured in a user-friendly way to enable the reader fast navigation, yet the main aspects of the respective disorders are covered in the necessary depth. All in all, this book offers a timely, self-contained introduction to both key concepts and the latest scientific developments in behavioral addictions. It addresses mental health practitioners, researchers in psychology, neuroscience and communication, and undergraduate and postgraduate students alike.

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