



First Steps Out of Problem Gambling

By Lisa Ustok, Joanna Hughes

Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, First Steps Out of Problem Gambling, Lisa Ustok, Joanna Hughes, '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 publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

-- **Rhiannon Steuber**

Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**