

## First Steps Out of Problem Gambling



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### ***Reviews***

*Very helpful for all category of men and women. It is rally fascinating throgh studying period. It is extremely difficult to leave it before concluding, once you begin to read the book.*

***(Prof. Asia King)***

## FIRST STEPS OUT OF PROBLEM GAMBLING



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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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