
FRONT COVER:

Terms and Conditions

LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

Table Of Contents

Foreword

Chapter 1:
Gambling Won't Fix Debt

Chapter 2:
Why We Get Into Bad Gambling Habits

Chapter 3:
What Occurs

Chapter 4:
Abstention Or Command And The Journey

Chapter 5:
Steps To Overcome The Habit

Wrapping Up

Foreword

Congratulations on taking this big step of reading this if this is your first book about stopping troubled gambling, if all the same like me, this is among several books you've read then well done once more, you know you're becoming stronger.

The aim of this book is to be for both sexes, all ages, all colors, creeds and faiths. It matters not if you're a adolescent that has got 'carried away', a middle aged woman who's simply spent her life savings or a individual sitting in his prison cell doing a long stretch for a problem gambling related condemnable offence.

I'm not worried with whether the debt you discover yourself in is 1000, or one 1000000000000, our journey is more or less the same - you have to change.

In my eyes the past may stop here and the future may begin here.

Get Rid Of Gambling

Overcome One Of The Most Difficult Addictions Today.

Chapter 1:

Gambling Won't Fix Debt

Synopsis

Living in this world with ever increasing pressures from a assortment of sources may leave us perpetually having to juggle income to make ends meet.

We all dream about winning the lottery so that all our financial concerns may be solved in one fell swoop. All the same for most of the population that's where it remains - as a dream.

Then along come the problem gamblers and they attempt to make that dream into a reality by actively pursuing those long odds.

Rather simply they're chasing a dream that may never become a reality and that's why you'll perpetually find them trying gambling to get out of debt.

It Won't Help

Prolonged problem gambling has brought you to this place - prolonged problem gambling won't get you out!

The above statement would appear so commonplace in a non-problem gambler's brain that it borders on being rather an absurd one. To the non-problem gambler the same may be said of any statement that to the sound mind would be so totally obvious, like...

If you cuff yourself to a post, it will be hard to walk away. Or placing your shoes on opposite feet would make walking uncomfortable.

And all the same all problem gamblers believe that prolonged problem gambling provides them a chance. A chance that they might get out of debt with that ever elusive 'one big win'. This erroneous belief is one that a problem gambler has to drop from a great height if they're to have any chance of success.

The fact that I'm writing this book - the fact that gamblers anonymous is a universal organization that helps problem gamblers - the fact that there are a lot of different worldwide organizations providing help - the fact that there are 1000s of other books about problem gamblers whose world's have crumbled - the fact that individuals have committed suicide due to gambling - the fact that 1000000s and 1000000s

is poured into research around the world into the problem gambling phenomenon - the fact that a lot of individuals are sitting in cells around the world because of gambling related crimes - sorry to be carrying on a bit here, but the fact is, that all the facts add up to the fact that:

Prolonged problem gambling won't get you out of debt - it will only make it worse

Okay, for the individuals out there who still doubt - think about this. Even if a problem gambler gets that 'big win' - prolonged problem gambling would mean, it will only be a matter of time before they're back in debt.

Your new belief in this area ought to be that no matter if I won the huge one, prolonged problem gambling will put me back into debt.



Chapter 2:

Why We Get Into Bad Gambling Habits

Synopsis

This is a tricky question that will be hard to answer because all problem gamblers' have a different hereditary make-up, their situations will all be different and the amount of loss of control they've experienced will deviate. On this one I'm going to let you develop your own ideas as to why you've had a issue with gambling.



Look At Yourself

A fast example:

Maybe you have a mild sort of obsessive compulsive disorder (OCD) and as well as additional things I go over and over the same thing time and again. i.e. a damaging thought. Occasionally it truly is nice to take a break from yourself.

- ▶ Gambling may supply a sanctuary for you
- ▶ Maybe you have felt stressed and would gamble to escape
- ▶ Maybe you have been depressed you would gamble
- ▶ Maybe you have been happy you would gamble
- ▶ Maybe you have been unhappy you would gamble
- ▶ Maybe you have Sub-consciously I felt like you had under-achieved in your life
- ▶ Maybe you have been angry toward your parents for kicking me out of your home when you were younger
- ▶ Maybe you have been angry toward your parents for not supporting you, or giving you any good advice, or any advice at all. Or helping you to get a university education, or go to college
- ▶ Maybe you have gotten bored and liked to gamble
- ▶ Maybe you have liked the buzz you got from gambling
- ▶ Maybe you have a fixation with numbers and figures
- ▶ Maybe you have thought you could beat the house odds because in some way you were special
- ▶ Maybe you have become addicted to the action of gambling
- ▶ Maybe you have thought I could gamble my way out of an eternally depressing financial situation

- ▶ Maybe you have wanted to be rebellious and not play by the rules of society i.e. hard work
- ▶ Maybe you have had trouble relaxing

After nearly 2 years now of looking into myself I may come up with a list. I'm very proud of my list as it allows me to identify the negative emotions in my life, where they have been coming from and why in the past I've walked into the arms of gambling every time one of them popped up, which was pretty much all the time.

So now we'll come more directly to you, come on, let's construct your list. Put a tick next to the line that describes you. It's going to be a pretty thorough list as I don't wish to miss any of you.

I've a mild form of obsessive compulsive disorder (OCD) and as well as other matters I go over and over the same thing over again and again. i.e. a damaging thought.

- Occasionally it truly is nice to take a break from myself. Gambling provides a sanctuary for me
- Once I feel strained I like to gamble to break away
- Once I'm depressed I need to gamble
- Once I'm happy I wish to gamble
- When I'm distressed I wish to gamble
- When I was little I had a big win. I know that eventually I may win big again
- Sub-consciously I feel like I've under-achieved in my life

- I'm angry toward my parents for something
- I'm angry toward my mate for something they've done/said
- If I get bored I wish to gamble
- I like the buzz I get from gambling
- I've a fixation with numbers and figures
- I believe I may beat the house odds as in some way I'm special
- I'm addicted to the action of gambling
- I believe I stand a chance of gambling my way out of an everlastingly depressing financial situation
- I wish to be rebellious and not play by the rules of society i.e. hard work
- I have trouble unwinding
- There's a past trauma/traumas in my life that I haven't dealt with as it's too painful. When I'm gambling I don't have to consider such matters
- I don't feel like I have a desirable role model in my life
- I like to self hurt myself as I suffer from low self-regard so losing cash I don't have fulfil that need
- I've a mood disorder where I fluctuate between high energy and a happy mood one moment, then I find myself in periods of depression - it is at these times that I wish to gamble
- I've an attention deficit disorder which means I'm not able to center for long time periods. I find gambling hazardous enough to draw and hold my attention, temporarily alleviating me of my symptoms
- I suffer from schizophrenic disorder

- I see gambling as a way to hike up my income
- I gamble because my acquaintances do and it's a social thing
- There's a history of substance abuse and addictive traits in my family so problem gambling came by nature to me
- I've an addictive personality and do everything to the extreme. Not only do I problem gamble, but I take lots of substances, drink far too much and I'm not unknown for gorging regularly.
- Once I gamble without me knowing my brain is releasing endorphins that have a 'morphine' like impact on me. I'm in reality experiencing a high when I gamble and I like that feeling

Ironically now that I've just created that list to attempt and help you I have found a few more I may add to my own list.

Did you note that out of these reasons above, that only one of them was linked to cash? That's because problem gambling has got utterly nothing to do with cash and everything to do with damaging emotions.

And if you quit reading this book right now and never read another word but you began to believe that was the case, then you would be well on your way to recovery and I would be as pleased as punch. Let us now have a look at what really happens to us.

Chapter 3:

What Occurs

Synopsis

Prior to, upon and following gambling.



What Goes On

Prior to:

- ▶ An increasing engrossment with gambling, to the point where nothing else is crucial. This is frequently experienced as sense of 'craving'
- ▶ A concern that you may miss an chance to win. How many times have we heard of the distressed individual whose lucky numbers showed up but who had forgot to purchase their ticket!
- ▶ Irrational confidence and illusions about winning
- ▶ Exhilaration in anticipation of placing a bet. Fantasizing what to do with the profits
- ▶ Aggravation, rage and mounting stress if something prevents them from gambling

On gambling:

- ▶ A total centering of attention on gambling; all else passes in importance
- ▶ Exhilaration and physical arousal, demonstrated by increased pulse rate
- ▶ Irrational talk within their head: "the next bet is the winner I've been waiting for. It has to be my turn for a large win, I just know it"
- ▶ Superstitious conduct to increase the chance of a win

Following a successful session:

- ▶ Alleviation and anticipation of the following occasion
- ▶ Self-assurance (I knew I could do it) and a strong belief that winning was a result of skill
- ▶ Joyful mood
- ▶ Amplified ego, having beaten 'them' at their own game
- ▶ Self-complacency at having cash and being able to impress a mate or spouse

Following losing:

- ▶ Shame and remorse
- ▶ Dread of spouse or others finding out
- ▶ Worry over where to get cash to cover living expenses
- ▶ Thoughts of what prevarications to tell to cover one's actions
- ▶ Self-directed rage
- ▶ Conclusion never to gamble again-but at the same time, thoughts of where to ascertain cash in order to return to chase losses
- ▶ Want to forget issues through alcohol

And why do you choose to put yourself through that 'After losing' phase time after time. It's because of those... superstitious notions

When a coin is flipped into the air it has an even chance of landing on heads. We all understand this. But if it lands on heads, then what is the chance that it will land on heads once more? i.e. 2 times in a row

- Now less likely to land on heads, or
- Still even

If you selected A, and didn't think that the answer was still even then you have to put this book down, count slowly to 10 and then pick this book back up.

If a horse tip from a dependable source comes your way and you back it and it wins, does this make you

- A brighter and better gambler than the rest
- Lucky this time solely

If you picked 'A' again I'd like you to put down this book, ring up a neurosurgeon and ask him to be on standby for an surgical operation that may happen at any moment.

Let us not forget that occasional wins merely reinforce our fallacies that we may win at gambling. If we all had these 'sure' inside tips and they forever came in, then we'd all be wealthy and there would be no bookies.

If you win a hefty sum of money at the casino, say \$10,000 what should you do now?

- Bank some, but take a serious sized stake back again really soon.
Keeping a winning streak going is imperative to effective gambling
- Bank the lot, treat your family to something special and be thankful for your luck. Don't go back any time soon and apply them a penny of your money back

Please don't tell me you've picked 'A' once more. You're truly not getting the hang of this game, are you? I'm afraid you're going to need to pick up the telephone and tell your physician to get the operating room ready; you're on your way over there right now.

Okay so you're in your auto, or on the bus, on route to your physician's house. Here you'll have the top of your head sawed-off and the small part of your brain that keeps getting these answers incorrect is to be replaced by a non problem gamblers' part, who's just died and quite lovingly, and knowingly, donated this part of their brain particularly for individuals like you. But I'm feeling in a generous mood and so I'll give you one more chance to prevent going under the saw.

If a fixed odds betting depot that works by a random number generator, which commonly reside in betting shops around the world, and it's just gleaned 1000 dollars off a fellow better, do you?

- Continue walking, that bears no relevance on any future outcome.
- Got to give it a try, the machine is due a payout.

I tricked you. I cunningly switched from 'A' to 'B' being the wrong answer.

'B' is the answer that I held close to my heart for a lot of years and it caused monumental amounts of self-annihilation.

As did all the other fallacies keep me buried in a world of anguish. All these wrong notions are what have pegged you and me down all these years, but we wish this to change - don't we?

All these notions and many more beside, that are not based around reality or reason, go to the very root that make us act in this curious way at times. In order to advance we need to bury all of these superstitious notions.

This preview copy ends here and to get the full product, please go to (the website URL) here to get the full product.