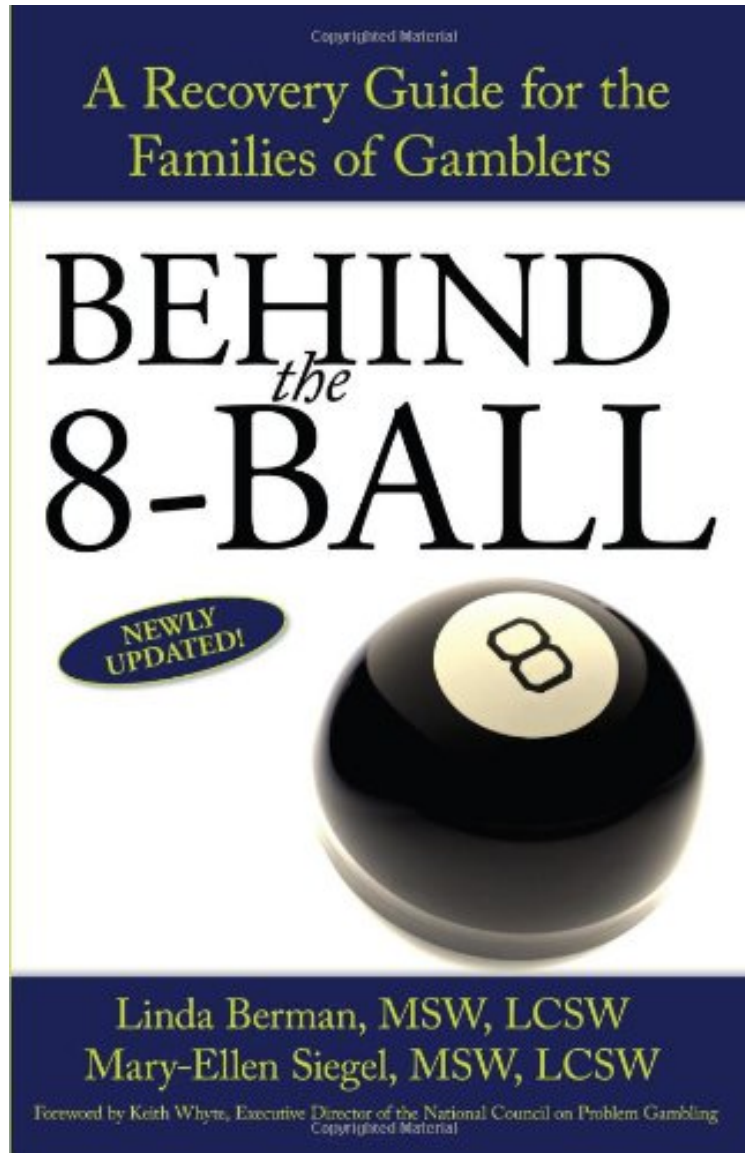


(Read free) BEHIND the 8-BALL: A Recovery Guide for the Families of Gamblers

# BEHIND the 8-BALL: A Recovery Guide for the Families of Gamblers

Linda Berman, Mary-Ellen Siegal

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**Linda Berman, Mary-Ellen Siegal : BEHIND the 8-BALL: A Recovery Guide for the Families of Gamblers** before purchasing it in order to gage whether or not it would be worth my time, and all praised BEHIND the 8-BALL: A Recovery Guide for the Families of Gamblers:

1 of 1 people found the following review helpful. Spot on, very useful and practical tips/scripts for talking to your

gamblerBy CustomerThis book is spot on, and thus extremely depressing (but still spot on). I basically followed the section which broke down how to talk to your gambler, including where to pause, verbatim in talking to the gambler in my own life (I rehearsed a bit because I used to get so flooded.) I bought a used copy and refer to it occasionally these days to remind myself of why gambling can be so toxic, and to remind myself of what I can be doing to practice self-care. I can now authoritatively explain to people how gamblers think, or at least explain how my gambler thinks, and this book gave me the words and concepts to do so. Again, I'm sorry if you have to read this book because you're probably already in a lot of pain. My only wish is this came as an audio recording so I can prompt others to listen to it while driving around.0 of 0 people found the following review helpful. This book is a great resource for themBy CustomerI'm an addiction therapist specializing in gambling disorders. I treat many family members of the addict. This book is a great resource for them. I give it to all my families.0 of 0 people found the following review helpful. Clear and DirectBy ann clawThe Snow Lion: A Spiritual Journey The author gives many examples of real life situations told from the perspective of the compulsive gambler and spouse. There are clear and direct methods to overcome compulsive gambling as well as methods to overcome the effects of living with a compulsive gambler. I would recommend this book to the compulsive gambler and to all those who are living with the compulsive gambler. I found it quite helpful.

"This book is essential for gamblers, families, friends, and professionals who need to know more about the personalities of gamblers It is a precise, updated, and accurate look at how gambling affects families."-Timothy W. Fong, MD, co-director, UCLA Gambling Studies Program"This book remains as important today as ever and has remained the standard reference for family members of gamblers."-Keith Whyte, executive director, National Council on Problem GamblingIs someone you care about gambling your life away? You don't have to be a gambler yourself to suffer from the often disastrous effects of excessive gambling. Behind the 8-Ball is the must-have guide to reclaiming your financial, legal, and emotional freedom.Spouses, parents, siblings, children, friends, and coworkers of the gambler will learn how to:Understand why some people lose control of their gamblingRecognize the compulsive gambler and realistically assess the financial and emotional damage he or she is causing you and othersAccept that you can't control someone else's gamblingEncourage the gambler to seek helpRecover from being involved with a gamblerFor anyone who is or has ever been involved with someone who gambles too much, this supportive, informative volume delivers all the tools and motivation you need to rebuild your life.

About the AuthorLinda Berman, LCSW, and Mary-Ellen Siegel, LCSW, are both psychotherapists in private practice recognized for their work with out-of-control gamblers and families of gamblers as well as their presentations at conferences and on radio and television. Berman was previously the program coordinator of the Compulsive Gambling Program and Addiction Center at Westchester Jewish Community Services. Siegel is a clinical instructor in the Department of Community and Preventive Medicine at the Mount Sinai School of Medicine in New York.