



Overcoming Gambling

Philip Mawer

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Problem gambling is on the rise. It affects a wide range of people, from teenagers and students to housewives and the retired. Problem gamblers are at greater risk not only of financial disaster, but of relationship breakdown, poor physical health, mental-health problems such as anxiety and depression, and suicide. This book looks at how to stop gambling once and for all. Topics include: • the effects of gambling • looking at whether gambling is an illness • deciding to stop • how to support the gambler • changing behaviour patterns and routines • creating a support team • a lifestyle to help keep you from gambling

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