



How to stop gambling in 30+1 days.: A 30+ 1 day gambling recovery guide for use by gamblers, addiction counsellors and partners of problem gamblers.

Pádraig McCarthy

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This book details a revolutionary approach to gambling addiction recovery. The recovery programme is undertaken in a phased approach with defined key milestones and objectives that need to be met before the recovering problem gambler can move on to the next phase of the recovery programme. The programme was designed by Pádraig McCarthy and is based on his own journey of recovery from gambling addiction. The programme provides suggested coping techniques and strategies that will help the recovering gambling addict through the various phases. The programme allows choice on what coping techniques the recovering gambling addict adopts in quelling his or her urges to gamble. The programme offers a more holistic approach to gambling addiction recovery than that offered by 12 step type programmes, although does promote attending Gambler Anonymous meetings as a key component of recovery. The programme not only deals with the management and quelling of gambling urges but also addresses the financial, emotional, problem solving, irrational thinking, relationship and personal development concerns and how to deal with them in a simple and programmatic manner.

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