



First Steps Out of Problem Gambling

By Lisa Ustok, Joanna Hughes

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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