



Losing Your Shirt: Recovery for Compulsive Gamblers and their Families

Mary Heineman

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Between three and six million Americans are compulsive gamblers. Losing Your Shirt takes a compassionate, nonthreatening approach to the problems families encounter with compulsive gambling. In this easy-to-read and valuable resource for any gambling addiction program, readers will find stories from compulsive gamblers and their families that demonstrate how the addiction affects relationships, methods of recovery for the addict, and coping skills for family members.

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