



# Overcoming Compulsive Gambling

*Alex Blaszczynski*

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## **Overcoming Compulsive Gambling** Alex Blaszczynski

Overcoming Compulsive Gambling has been developed as a self-help manual by Professor Alex Blaszczynski. He pioneered the cognitive behavioral techniques described in this guide, and they are now taught in countries all over the world. For those to whom gambling is not just a 'flutter' but a compulsion adversely affecting every aspect of life, for their families and friends, and for those working in the medical profession, this guide will prove indispensable.

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