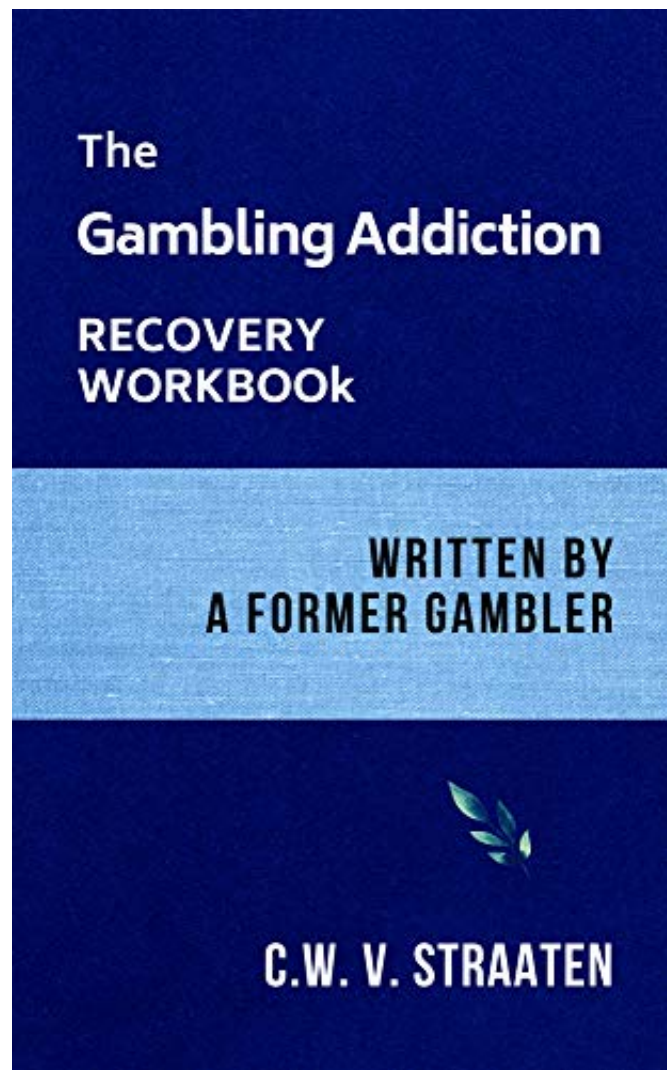


# **Gambling Addiction Recovery Workbook: Written by a Former Gambler**

*by*  
**C.W. V. Straaten**



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## **Synopsis**

A unique & inspirational recovery story, based on real-life experiences. The Gambling Addiction Workbook is a life-changing method, that has helped thousands to understand and overcome their gambling addiction. The author, a former gambler himself, created a remarkable how-to plan for lasting recovery. Written in an empowering & understandable style the book is the ultimate guide to understand and destroy your gambling addiction for good. The Gambling Addiction Workbook, contains a reliable 5-step recovery plan, focusing on: How to instantly quit problem gambling and finding peace in a cooling-off period How to thoroughly understand your gambling addiction using practical tools How to deal with the suffering caused by your gambling addiction How to find a new purpose and create a meaningful life without gambling Family & Friends (Gambling Addiction) If you are close to someone with a gambling addiction we highly recommend reading this book. It will give you insight into the complex mind of a gambling addict. With The Gambling Addiction Recovery Workbook, you can help your friends or loved ones take the right steps to defeat and conquer their gambling addiction for good.

## Look inside the book

The Gambling Addiction Recovery Workbook An Inspirational 5-step Workbook to Defeat & Control Your Gambling Addiction for Good Written By A Former Gambler by C.W. V. STRAATEN Instagram: become\_recovery Copyright © 2016 C.W. V. Straaten True Potential Project All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher. Disclaimer This book is not intended to be a substitute for medical advice or treatment. Any person with a condition requiring medical attention should consult a qualified medical practitioner or suitable therapist. The information provided in this book is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly. Table Of Contents T Thank You Note This is Why I Wrote The Gambling Addiction Workbook For You Daily Recovery Inspirations Introduction For Family & Friends Preface - Committing to stop gambling Instructions For Reading Step 1 - K.O. Your Gambling Addiction Step 2 - Take A Timeout Step 3 - Meet Your Addiction Step 4 - Stay Motivated & Reclaim Your Purpose in Life Step 5 - Take Back Control of What's Truly Yours: Life Final Thoughts Guided Questions To Improve Your Recovery Book Recommendations The Addiction Recovery Workbook The Claws of Addiction How to Read This Workbook Note to the Reader Thank You Note Dear Reader, Thanks for purchasing this book. As a little thank you gift, I have created a guided meditation for addiction recovery. Simply send an email to to cw.vanstraaten@yahoo.com Title the email "Recovery Meditation" And I will send you the meditation for free. This is Why I Wrote The Gambling Addiction Workbook For You It's time to step up. It's time to start living. It's time to confront your addiction and move beyond your fears. The world and your very life are so much bigger than your gambling problems. Together we're going to win the war and get your life back. See it in perspective. Stop today. Declare war on your gambling addiction. A brighter, calmer and deeply more enjoyable future is awaiting you. Take the first step. Read the workbook. Start your journey. \*\*\*Out now: C.W. V. Straaten's new book, .\*\*\* Daily Recovery Inspirations If you want to focus on becoming free from addiction & commit to recovery every day, follow my instagram account. With a recovery inspiration every day. Instagram: become\_recovery. Or you can search on C.W. V. Straaten. Introduction In this workbook, I am going to show you exactly what I did to understand, overcome and conquer my gambling addiction for good. To show you a way out of this jungle of destruction. I have committed to quit gambling multiple times before I finally discovered the method to actually defeat my gambling addiction and have control over my own

life. The practical 5-step action plan in this workbook explores the exact steps I took to break loose of the prison gambling had created in my life. Thanks to a detailed journal I wrote during that period, I was able to verify both my successes and mistakes and share them with you. "What one man can do, another can do!" I absolutely believe in this statement and so I also believe that if I could overcome my addiction, so can you! It doesn't matter if you're addicted to poker, blackjack, roulette, trading stocks, slot machines, or sports betting. These practical strategies are here to help and inspire you. They will serve as your protection against gambling urges and guide you towards victory over addiction for good. The 5 steps as outlined below had an amazing impact on my life. During my recovery process, I had some powerful insights. The most powerful one was my realization: I am not my gambling addiction. In that sense, I reclaimed my I am. And I reclaimed my purpose in life. These discoveries ignite a fire of hope within me, I grasped the possibility of unlocking my true potential and found my way out of the painful darkness. Step by step I started to enjoy life once again. In the little things yes. A genuine smile, being there during dinner with friends. Attending family gatherings without worrying about financial drowning or hiding my gambling behavior. It feels not in any way little to once again enjoy these things. You Are Here For a Reason No matter how bad your situation may be, it's never too late to take back control of your life. You are not destined to suffer from gambling problems for the rest of your life. It's unreasonable to even consider the possibility that someone is put on this earth only to be imprisoned by addiction. No, you are here for a reason. If anything, to simply enjoy the company of the people you love. Find your why's. And know that almost anything will do. The pain and suffering from gambling is the obstacle. Release that, and you will live the life you deserve and were meant to live. It will be a difficult journey at first, but trust me it's a wonderful feeling to finally stop worrying about trivial, outright stupid gambling losses. To feel in true harmony with yourself and those around you. By buying this book you have taken a courageous step toward defeating and controlling your gambling addiction for good. Now it's time for the next step: start reading and take action. \*\*\*For Family & Friends If you are a partner, family member, or friend of someone with a gambling addiction I highly recommend reading this book. It will give you insight into the difficult-to-understand mind of a gambling addict. Furthermore, you will realize that change is possible. With this book you can help your friends or loved ones take the right steps to defeat and control their gambling addiction for good. \*\*\*Preface - Committing to stop gambling I was 17-years-old when I first started gambling. Regulations where I lived, weren't that strict and I opened an account on a big sports betting website. Why I did it? I actually can't remember. Boredom maybe, looking for excitement. Or the thrill of easy money. Since I am from Europe, and a big sports fan, I grew up with soccer and love it more than any other sport. Betting on soccer matches was logically the first step in my gambling journey. I still keenly remember one of the first bets I ever made. It was a League Cup soccer match in England; Liverpool against a team in a lower division. It was a fine Saturday, sunny, Spring, and I made a 5 Euro bet (a little over \$5 US) on the lower division team. The winnings could be quite spectacular: more than 40 Euro if they won. Making no more than 3 Euro an hour as a dishwasher, this was big money. For

that first bet, I was only a little bit anxious about the outcome and didn't even know how to watch the match online. To pass the time I went outside and helped my parents in the garden. Ten minutes before the match ended I went inside to check the live score on the betting website. The lower division team had the lead. Can you believe it?! I began frantically checking the in-play screen of the sports betting site. Minutes went by, it was already past regulation time and into injury time, yet the lower division team maintained a one-goal lead. Two minutes of injury time passed, then three, then four... and YESSS! The match was over. I felt lucky, how was this possible? Winning that much money, without needing to work for it! It turned out to be the most expensive win I would ever have.

**Losing Money** Over the next seven years, I continued gambling on a very regular basis. There were times when I won thousands of Euros a week. The heart-pounding adrenaline rush of winning was exhilarating. Yet the longer I was in the game, the more money I lost. Obviously, gambling equals losing money. I only did sports betting and experimented with many different gambling strategies. It was like being an alchemist, finding the right strategy that would turn lead into gold. There was gold. It only evaporated, before I got a hold of it. I stopped gambling a couple of times, but I always continued gambling after a couple of weeks or a couple of months. I was trapped by my gambling addiction, yet there was always a burning desire inside of me to build up a successful and exciting life. After seven years, yet another losing streak, and growing debts, I knew I had to do things differently.

**Time For a Change** There is a time in every person's life when he or she realizes it's time for a change. That time where your life can make a turn for the better. That all-deciding moment. I was already into self-development and practiced a lot of positive self-talk. I held the powerful conviction that I was worth more than being a prisoner of self-destructive behavior and limiting beliefs. Millions of people had led the way for me. Inspiring stories of people who take back control of their lives and find success are not hard to find nowadays. Now it was my turn. When I came to this conclusion I developed and began to practice the five steps outlined in the next chapters. The steps are now waiting for you to use. This workbook will guide you out of the lonely, dark, and self-destructive place you are now in. We are all destined to live a life in which we can enjoy the company of others; develop our talents and contribute to the world around us. Now is the time to step up and live the life you deserve to live. Because you are not a prisoner. You are not the slave to an addiction. Claim your freedom once again. The time is now.

**Continue to The Recovering Workbook** and start your journey toward giving your Gambling Addiction a knockout punch.\*\*\*

**Instructions For Reading**

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Gambling Addiction: The complete guide to survival, treatment, and recovery from gambling addiction. All Bets Are Off: Losers, Liars, and Recovery from Gambling Addiction The Gambling Addiction Journal: A 90-Day Recovery Guide Gambling Addiction: The Easy Guide to Stop Gambling, Understand What's Behind Your Addiction and Learn How to Terminate It Now

Addiction by Design: Machine Gambling in Las Vegas The Addiction Recovery Journal: 366 Days of Transformation, Writing & Reflection The Gambling Addiction Recovery Book: The Cure to Overcoming Gambling Addictions, How Addicts Can Recover, Compulsive Gambling, Psychology, Gambling And Your Brain and Immediate Financial Actions Taking Back Your Life: Women and Problem Gambling The Easy Way to Stop Gambling: Take Control of Your Life (Allen Carr's Easyway Book 55) Gambling, Gambling, Gone. Addiction in the Family: Helping Families Navigate Challenges, Emotions, and Recovery The Addiction Recovery Workbook: Powerful Skills for Preventing Relapse Every Day Mindfulness Skills Workbook for Addiction: Practical Meditations and Exercises to Change Addictive Behaviors Recovery Dharma: How to Use Buddhist Practices and Principles to Heal the Suffering of Addiction

## **What people say about this book**

Zelda Marshall, "Reclaiming my control. This book bless me so much, it hit right to the core of why we start these type of behaviors, the author guides you right to the center of the problem and he helps you to make peace with it! I will definitely finish my book!"

Zach Geery, "Great book to help with addiction. This book got right to the point with the facts a true gambling addict goes through because the author was one at one time. I can't stand it when some "Dr." is there to help out. Just because they have the college degree doesn't mean they know & have felt how the true addict feels themselves."

Earl Brandone, "Four Stars. Very Informative"

Vincent Varsalona, "excellent. This product is very, good, I like it very much!"

Barry H., "Does the job. Any book that helps bring awareness about this horrible addiction gets 5 stars!"

The book by C.W. V. Straaten has a rating of 5 out of 4.1. 66 people have provided feedback.

## **Book Information**

Language: English

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Text-to-Speech: Enabled

Screen Reader: Supported

Enhanced typesetting: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Print length: 56 pages

Lending: Enabled

Simultaneous device usage: Unlimited

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