



Gambling Addiction: Real Stories From Addicts and How to Beat Gambling Addiction

Jake Ploeth

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In this book you will find three true accounts of individual's that are, or have suffered from gambling addiction in their family and or life along with important information about this addiction. Jake Ploeth has taken their stories and put it into words for others to read. Problem gambling is a unique type of addiction. Those who are addicted to alcohol or drugs have become dependent upon the substance itself. Sure, there are emotional and behavioral issues as well, but their bodies have become physically dependent upon whatever substance they have become addicted to. Gambling, on the other hand, is more of a behavioral addiction. It is not uncommon for those suffering with a gambling addiction to go through a change spiral when recovering. Every person's journey is different. For some, they are able to overcome their problem gambling on their first try. It takes others a few tries. However many attempts it takes, each time you get back up and try again, you gain new tools and understandings.

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