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The Gambling Addiction Client Workbook

Robert R. Perkinson

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The Gambling Addiction Patient Workbook is a client workbook that walks clients through the recovery process of gambling addiction. It is intended for use with Chemical Dependency Counseling: A Practical Guide, which adheres to a 12-step approach to treatment. The workbook walks the client through self reflective activities and exercises meant to help them reflect upon the underlying causes and motivations causing their addiction. It also contains specific chapters focused on honesty, relapse prevention and contains a personal recovery plan.

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