

## Frist Steps Out of Problem Gambling (First Steps Series)



Gambling is a widely-enjoyed form of entertainment. However, for some, entertainment can cross a line, becoming a habit that feels impossible to break. But it can be overcome. If you think that you might be gambling more than you would like to, if you want either to reduce your gambling or stop completely, or if you are concerned about a loved one's gambling habit, *Frist Steps out of Problem Gambling* will enable you to take control. It will help you set realistic goals for positive change, and to stick to them.

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