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Compulsive Gambling And Gambling Addiction

By Ralf Vinogradov

Not many people argue that gambling and playing at casinos is great fun, especially when you have

hit a winning streak and feel yourself confident. Some casino games require skill besides luck, so you may think that more you learn these games the more you're going to win, depending on what's your game. Compulsive gambling and gambling addiction makes you realize that only thing you will ever master is skill of losing your money, besides that bigger skill often means more money lost... in the long run.

Blinking slots, blackjack and baccarat tables mixed with humble atmosphere and attractive female dealers creates a mixture of seductive environment, I admit. And if you are not prepared or don't have the knowledge of the games and the odds, you can get addicted quickly and your addiction may become a compulsive need. It does not mean you are retarded, it's actually quite "human" and coded into us.

Gamblers Anonymous homepage describes compulsive gambling as an illness that is progressive in its nature, which can never be cured, but can be arrested. Before coming to Gamblers Anonymous, many compulsive gamblers thought of themselves as morally weak, or at times just plain 'no good'. The Gamblers Anonymous concept is that compulsive gamblers are really very sick people who can recover if they will follow to the best of their ability a simple program that has proved successful for thousands of other men and women with a gambling or compulsive gambling problem.

Gambling can be compared with addiction to drugs, alcohol, cigarettes or junk-food. It's very often as destructive and dangerous as other addictions, often ruining relationships, careers and even ones life. It's very important to start seeking help ASAP when you think you can't control your gambling habit anymore!

Gamblers Anonymous say that compulsive gambler needs to be willing to accept the fact that he or she is in the grip of a progressive illness and has a desire to get well. Their experience has shown that the Gamblers Anonymous program will always work for any person who has a desire to stop gambling. However, it will never work for the person who will not face squarely the facts about this illness.

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Gamblers Anonymous offers the following questions to anyone who may have a gambling problem. These questions are provided to help the individual decide if he or she is a compulsive gambler and wants to stop gambling.

TWENTY QUESTIONS

1. Did you ever lose time from work or school due to gambling? 2. Has gambling ever made your home life unhappy? 3. Did gambling affect your reputation? 4. Have you ever felt remorse after gambling? 5. Did you ever gamble to get money to pay debts or otherwise solve financial difficulties? 6. Did gambling cause a decrease in your ambition or efficiency? 7. After losing did you feel you must return as soon as possible and win back your losses? 8. After a win did you have a strong urge to return and win more? 9. Did you often gamble until your last dollar was gone? 10. Did you ever borrow to finance your gambling? 11. Have you ever sold anything to finance gambling? 12. Were you reluctant to use "gambling money" for normal expenditures? 13. Did gambling make you careless of the welfare of yourself or your family? 14. Did you ever gamble longer than you had planned? 15. Have you ever gambled to escape worry or trouble? 16. Have you ever committed, or considered committing, an illegal act to finance gambling? 17. Did gambling cause you to have difficulty in sleeping? 18. Do arguments, disappointments or frustrations create within you an urge to gamble? 19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling? 20. Have you ever considered self destruction or suicide as a result of your gambling?

Most compulsive gamblers will answer yes to at least seven of these questions.

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Compulsive Gambler: How To Detect One?

By Ace Blackwood

Compulsive Gambling And Gambling Addiction

A compulsive gambler is a person who is not able to resist urge to gamble. The compulsiveness leads to severe personal and social consequences. The desire to gamble becomes so difficult to control that stress can only be calmed by gambling more.

1. Walks, Talks and Breathes Gambling.

The compulsive gambler preoccupies himself with gambling. He tells story of previous experiences. The compulsive gambler often discuss with anybody willing to listen, his new schemes or next winning strategy.

2. More, more and more.

The compulsive gambler finds himself gambling more and more money. In most cases he is not gambling for a bigger prize but for an increased thrill or excitement. The time he spends gambling usually lasts longer than planned.

3. Can't Stop, Won't Stop.

The compulsive has repeatedly been unable to curb his gambling. Worse, he becomes irritable and restless when attempting to cut back or stop altogether. Unfortunately, gambling is a way of escaping or relieving his problems.

4. Lies, lies and more lies.

The compulsive gambler starts lying to family and friends in order to hide his habit. But lies and brags about winnings. He denies having a problem when confronted. Often becomes angry if the issue is pursued. The lies start to become a way of life for the compulsive gambler.

5. Show me the money.

He starts depending on others to help on dire financial situation. He often borrows from family and friends to support his increasingly worsening problem. Mortgages and loans are refinanced. Life insurance is cashed in, as well as his 401k. The gambler may then start committing fraud and theft to finance gambling.

6. Self Destructing

Career is jeopardized or relationships with loved ones and friends are eroding. There is a tremendous amount of shame and remorse felt after gambling. Will consider or attempt suicide due to extreme helplessness of situation.

7. Losing control.

A shift in personality often happens to the compulsive gambler. He starts being manipulative, irritable,

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argumentative, critical, and controlling. The compulsive gambler starts losing interest on his regular activities and hobbies. Then makes poor excuses or evades questions on his whereabouts. Often withdraws from love ones and friends. Sees gambling as a way to cope and deal with his problems.

8. No Sense of time.

The compulsive gambler begins gambling to celebrate and in crisis. He starts spending his time gambling on holidays and special events.

Prevention is difficult and will not always be likely. Counseling may help people who are more susceptible to compulsive gambling. People who know of relatives that are compulsive gambler might be at risk and must be especially wary.

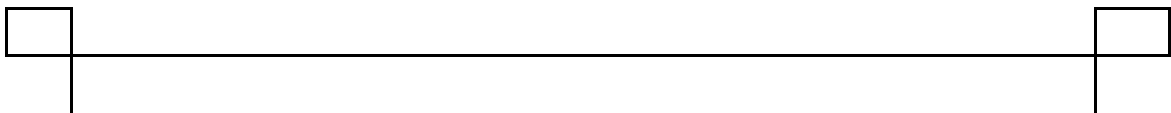
Ace is highly seasoned and adept gambler. Visit his Online Gambling Resources Blog here:

<http://www.push-button-online-income.com/online-gambling>

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