

Gambling Disorder Screening Day



Book List: Gambling Disorder & Gambling-related Harms

The books included in this list will serve as a great resource for general education around the harms that people can experience from gambling.

For mental health professionals supporting clients experiencing gambling-related problems, we also suggest exploring the additional resources and training opportunities offered by the MA Technical Assistance Center for Problem Gambling Treatment (M-TAC), which is funded by the MA Department of Public Health Office of Problem Gambling Services. M-TAC is guided by public health principles and focused on equity. All trainings and resources are developed based on best practices and evidence-based information, and offered free of charge. Visit www.m-tac.org to learn more.

- [Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health](#) by Dr. Howard Shaffer
- [Overcoming Gambling Addiction, 2nd Edition: A Self-help Guide Using Cognitive Behavioural Techniques](#) by Dr. Alex Blaszczynski
- [Gambling Addiction: A Complete Guide to Survival, Treatment, and Recovery from Gambling Addiction and Problem Gambling](#) by Kurt Dahl
- [Fall In: A Veteran with a Gambling Addiction](#) by Dave Yeager
- [Hats & Eyeglasses: A Memoir](#) by Martha Frankel
- [A Place Where Weeds and Roses Grow](#) by Joan Spencer
- [Taking Back Your Life: Women and Problem Gambling](#) by Dr. Diane Rae Davis
- [She Bets Her Life: A True Story of Gambling Addiction](#) by Mary Sojourner
- [All Bets Are Off: Losers, Liars, and Recovery from Gambling Addiction](#) by Arnie Wexler and Sheila Wexler
- [Gambling: The Hidden Addiction—Overcoming Gambling Addiction: Second Edition](#) by Kerry Dennis
- [The Girl Gambler: A Young Woman's Story of Her Escape from Gambling Addiction](#) by Stacey Goodwin
- [Overcome Your Gambling Addiction: A Self-Coaching Recovery Journal](#) by Zen Mirrors
- [Gamblers Anonymous: Sharing Recovery through Gamblers Anonymous](#) by Gamblers Anonymous
- [A Day at a Time Meditation Book](#) by Gamblers Anonymous
- [The Gambling Disorder Treatment Handbook: A Guide for Mental Health Professionals](#) by Jody Bechtold and Alyssa Wilson