

# 888-ADMIT-IT HelpLine Resource:

## FCCG Suggested Reading List- Gamblers and Loved Ones For Gamblers, Older Adult Gamblers, and Loved Ones

### Florida Council on Compulsive Gambling, Inc. Suggested Reading

Individuals with gambling problems and their loved ones have reported several books have been helpful in their journey of recovery. Although the FCCG does not endorse these reading materials, we pass this list along for your consideration. Where possible, links have been provided. We invite you to read the reviews on any book you are considering and determine if it is good fit for your needs.

#### Reading List for Problem Gamblers:

1. [SMART Recovery Handbook, 3rd Edition](#)
2. [All Bets Are Off: Losers, Liars, and Recovery from Gambling Addiction by Arnie Wexler, Sheila Wexler, and Steve Jacobson.](#)
3. [Taking Back Your Life: Women and Problem Gambling by Diane R. Davis.](#)
4. [Overcoming Gambling: A Guide for Problem and Compulsive Gamblers by Philip Mawer](#)
5. [The Mindful Path to Addiction Recovery: A Practical Guide to Regaining Control Over Your Life by Lawrence Peltz.](#)
6. [Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life by Mark Cuban.](#)
7. [Women Overpowered by Compulsive Gambling by Rosemary Cunliffe North](#)

#### Reading List for Loved Ones of Problem Gamblers

1. [Co-Dependent No More: How to Stop Controlling Others and Start Caring for Yourself by Melody Beattie.](#)
2. [Behind the 8-Ball: A Recovery Guide for the Families of Gamblers by Linda Berman and Mary-Ellen Siegel.](#)
3. [When Luck Runs Out: Help for Compulsive Gamblers and Their Families by Robert Custer and Harry Milt.](#)
4. [Losing Your Shirt: Recovery for Compulsive Gamblers and Their Families by Mary Heineman.](#)
5. [Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives by Pia Mellody, Andrea Miller, and Keith Miller.](#)
6. [Breaking Free of the Co-Dependency Trap by Janae Weinhold, Barry Weinhold, and John Bradshaw.](#)
7. [Know When to Hold 'Em: A Guide for Spouses of Problem Gamblers by Damon Dye](#)