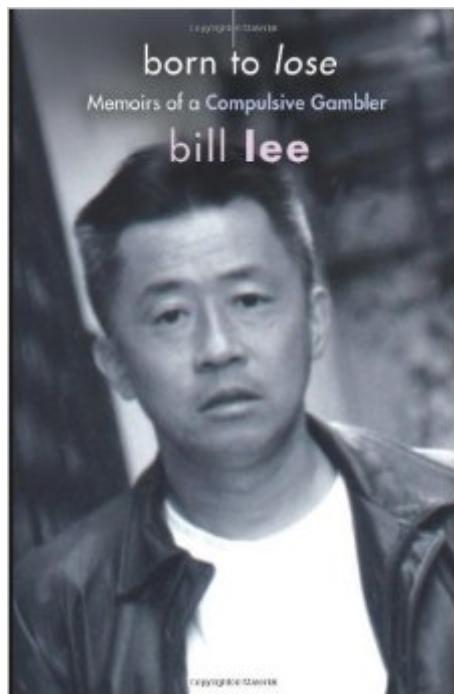


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Born To Lose: Memoirs Of A Compulsive Gambler



Synopsis

"My history of gambling really began before I was born." So opens Bill Lee's self-told story of gambling addiction, which is set in San Francisco's Chinatown and steeped in a culture where it is not unheard of for gamblers to lose their children to a bet. From wagering away his beloved baseball card collection in third grade to forfeiting everything he owned at blackjack tables in Las Vegas, every new and terrifying loss validated Lee's feelings of worthlessness. With gritty honesty and true humility, Lee describes what gambling addiction feels like and looks like from the inside. "Everything was a blur to me," Lee writes about a gambling jag that brought him to financial ruin. "I was in such a reckless and self-destructive frame of mind that I would have bet my life if required. In a way, that's what I was doing. I was that far gone from reality." In the end, however, *Born to Lose* is a memoir of hope as Lee reveals how recovery from his gambling addiction has been possible through the Twelve Step program.

Book Information

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Customer Reviews

+++++This book, by author, writer, and entrepreneur Bill Lee, tells the story of his gambling addiction, "which spans more than forty years and includes [his] fifteen-year involvement with Gamblers Anonymous." Lee's history of gambling (blackjack and the stock market were his favorite games), believe it or not, began "before [he] was born." Then we are told how gambling overtook his life and how winning validated his self-worth. By the time he became an adult, Lee was "obsessed with money." However, Lee recognized he had a serious problem and was able to travel the very

bumpy road to recovery through the practice of a Twelve Step program. This book is divided into two parts. Part one entitled "My drug of choice" consists of eleven chapters. Part two entitled "The road to recovery" consists of seven chapters. There is also an epilogue along with two appendices. This book is very easy to read. Lee includes psychological terms in his main narrative and defines everything quite well so you're never lost. His writing style is straight forward and to the point. In my opinion, the strongest thing about this book is Lee's complete honesty. He tells the reader everything (and I mean everything) about what went on during this turbulent time of his life. The result for me is that I found myself rooting for him. Finally, whom is this book meant for? I would say anybody who is interested in knowing about addictions (like myself). It also should be of benefit to those patients and families who are struggling with gambling problems as well as the therapists who treat them. In conclusion, this is a fascinating book that details the life of a gambling addict and how he gradually overcame his demons.

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