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# She Bets Her Life: A True Story Of Gambling Addiction



## Synopsis

What sets *She Bets Her Life* apart is Mary Sojourner's ability to take both an objective and a deeply personal look at the psychological and physiological impact of gambling addiction on women.

Having lived it, Sojourner is brutally forthcoming, and with her penchant for research and fact-finding, the narrative is teeming with important information and resources to help steer women with gambling addictions (and their loved ones) toward help and healing.

## Book Information

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## Customer Reviews

I love this book's subject matter: women who are addicted to gambling, gender differences between problem gamblers, brain chemistry, and how the gambling industry capitalizes on screwing with our (sometimes-already-screwed-up) brains. Not the \*most\* masterfully written book, but extremely useful and important; I would love love love to see more women's stories told involving obsessive and/or compulsive behavior, especially with gambling and gaming which we do NOT hear enough about (the author illustrates this with statistics about the growing numbers of women with gambling problems, and reasons why that's increased over the years). Accessible but still delves into the science of the brain; she tries hard to make the information understandable but doesn't shy away

from explaining complicated stuff most people will have to read two or three or ten times or get some help with to understand. I related to so much in this book and learned a lot about what's going on in my brain from it even though I've never gambled money on my game addictions - I've always known it could be a major problem for me, and this book made me realize that even if I'm not spending money on the games I play, I already have a serious problem. Now I recognize my game hangovers for what they are when I have them and know that more gaming is not a great cure for them. The way the women's stories are presented is kind of hokey; there's some dorky, hard-to-believe language where they all seem to have the author's voice, or the author's voice trying hard to sound like someone else's voice, but I don't think it compromises the value of the book. Plus - on a better note - I think she probably succeeded in preserving her "sisters'" anonymity and honoring her commitments to them. I would rather read a book written by **SOMEONE WHO KNOWS EXACTLY WTF SHE IS TALKING ABOUT BECAUSE SHE'S LIVED IT** and have it be dorky, than read a fancy-pants book by some voyeur trying to be an expert on something she hasn't experienced. There is twelve-step material in this book which I personally appreciate, but I know other people are immediately turned off by it. Again, though, there's still a lot of good material whether that bugs you or not. I don't think the entire book and all of the information is "tainted" or disregardable because of it. The author doesn't make it sound like a 12-step program can cure you or that there aren't other ways of approaching the problem(s). These stories are personal but presented with lots of informative context. If you can find a better, more helpful book(s) about this let me know in comments, please. I'm guessing this is among the top, if not the best, current (and readable) books focusing on women who are addicted to gambling and some of what usually makes them different from men. Other than a couple of episodes of Intervention (and/or maybe one of those women's channel secret lives shows) these kinds of stories (and potential ways to cope with them) haven't been given nearly enough exposure. **WELL WORTH THE MONEY!**

Every therapist who works with clients with any type of addiction, obsession or compulsion should read this book. Every person with any type of addiction, obsession or compulsion (and might that not be most of us) should also read this book. It's full of useful and factual information, plus offers an honest perspective of the day-to-day ups and downs of coming to grips with, accepting, and overcoming a problem that often feels so good! For those who struggle, you never know when someone else's nugget of wisdom and personal perspective will strike THE chord that sends you off in a direction of more healthful choices. Mary Sojourner's odyssey is filled with such nuggets. Buy it for yourself. Buy it for those you love.

This book combines the theory of addiction to gambling for women as well as the grass roots experience of getting lost in gambling. It is difficult to find a book that combines both. I found the book thought-provoking as well as inspiring. I highly recommend this book for therapists as well as gamblers.

Sad and horrifying what it can do to your life.

This powerful, powerful story really touched me. I love this book. I am a compulsive gambler and I NEED this book. I read it regularly. Mary is a gifted writer and her personal emotions come across in her writing. I feel like I know her, everytime I read it. It has helped me with my gambling addiction too, because of her insights and the important information she has packed into the book. It's a fave. and I have given it to several people.

For school I had to do a paper for Gambling Addiction and this was a great true story experience. It also gave a lot of information on what happens to the body of the addicted. There was some repeat documentation through the book, but still I enjoyed it and I gave it to friend to read. I would recommend this book, it is affordable and not just a bunch of facts.

Reality sucks for the compulsive gambler trying to abstain from this addiction and this book reveals just how terribly hard it is. I couldn't put it down and Mary's insight was compelling.

I had great expectations for this book based on seeing Mary Soujourner on 60 minutes. While an interesting read, the book contains irrelevant detail and needs some serious editing. The stories are interesting, but lack a spiritual or "lessons learned" component. I found myself skipping many paragraphs which describe meaningless activity. I would have like more insight and less detail.

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