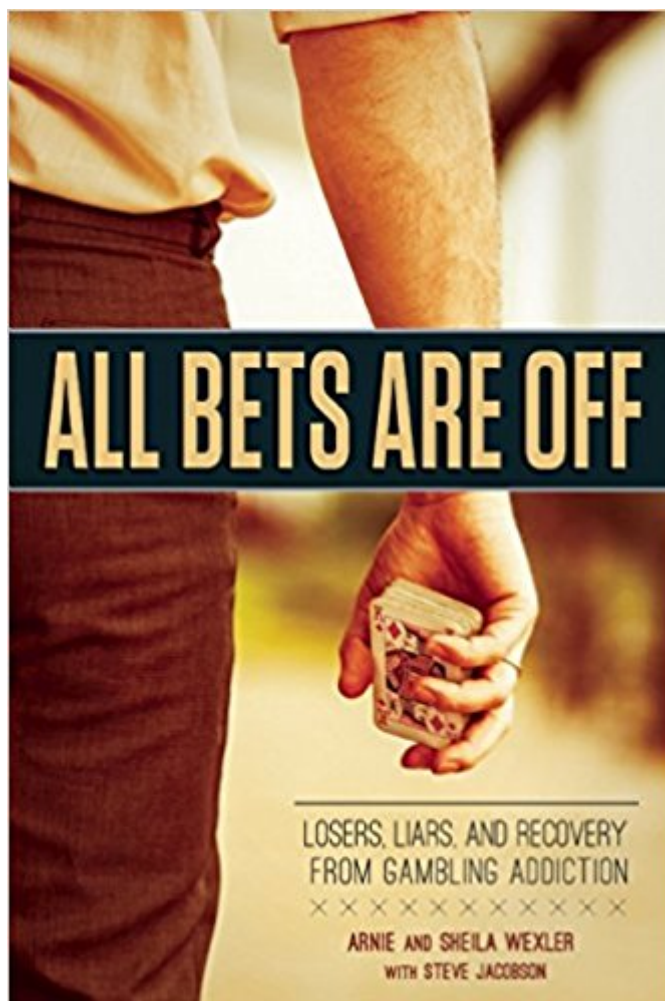


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# All Bets Are Off: Losers, Liars, And Recovery From Gambling Addiction



## Synopsis

Arnie Wexler's life as a gambler began on the streets of Brooklyn, New York, flipping cards, shooting marbles, and playing pinball machines. At age fourteen he found the racetrack, a bookie, and started playing the stock market. His obsession with gambling accelerated until a fateful day in 1968 when it all came crashing down. Wexler's gripping narrative leads us through the dungeon of a compulsive gambler's world—chasing the big win and coming up with empty pockets—and how his addiction drove him and his wife, Sheila, to the edge of life. With help, they managed to escape, and together they have devoted themselves to helping others with the problem they know so well. Arnie and Sheila Wexler have provided extensive training on compulsive, problem, and underage gambling to more than 40,000 gaming employees and have written Responsible Gaming Programs for major gaming companies. In addition to running the toll-free, national helpline 888-LAST-BET, Sheila and Arnie are consultants to Recovery Road in Palm Beach Gardens, Florida, a Sunspire Health private residential treatment facility for adults with chemical dependency and problem gambling. Steve Jacobson was a sports reporter and columnist for Newsday for more than forty years with a great interest in all aspects of sports. He co-authored a number of books with notable sports personalities. He was named by Associated Press among the top sports columnists and twice was nominated by Newsday for the Pulitzer Prize.

## Book Information

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## Customer Reviews

“... All Bets Are Off offers an honest, open, frank—and at times

opinionated&#151;personal reflection on the devastation and deception of the disease as it manifests in gamblers and as it impacts those who love them. As a friend of Arnie&#151; and a career Employee Assistance Professional, I relished the role that Jerry&#151;his new boss at Jonathan Logan Dresses&#151;played in 1968 when he confronted Arnie about his gambling, pointed him in the direction of a twelve-step program, and ultimately set the wheels in motion for Arnie&#151; walk into the sunshine of recovery and his life of the past forty-six years free of the stranglehold of his gambling addiction&#151;all the while with his beloved Sheila at his side. My hope is that All Bets Are Off may be the catalyst and way forward for many similar journeys.&#151;Bernard E. Beidel, M.Ed., CEAPDirector, Office of Employee Assistance, US House of Representatives&#147;All Bets Are Off exposes the raw reality of friends, relatives, colleagues, associates, fellow classmates, and just ordinary neighbors who get caught in the trap of addiction . . . gambling addiction. Denial, deception, depression, and delivery from thoughts of suicide stare you in the face when you read Arnie&#151; story. This is not for the weak of heart. It is real.&#151;Stan MorrisonFormer Director of Intercollegiate AthleticsUniversity of California, Riverside 1999&#150;2011&#147;Steve Jacobson is what&#151; known in baseball and journalism as a seasoned pro, a man of credibility, conscience, and caring. Arnie Wexler? There&#151; a reason why, for the last thirty-five years, he has been the news media&#151; go-to guy on issues of addicted gambling: He has saved at least as many souls, including his own, as Mother Teresa.&#151;Phil MushnickSports Columnist, NY Post&#147;Arnie and Sheila Wexler had the courage to share their story to bring awareness of how problem gambling affects families. Decades have passed, but their story still rings true with many of the same familiar themes in the present-day lives of those afflicted by gambling. We learn and understand the effects of gambling and from this we can bring awareness and prevention; but most of all it gives a sense of hope that we can help, make positive strides, and be nonjudgmental.&#151;Judge Cheryl MossLas Vegas, Nevada&#147;I have known Arnie Wexler for over twenty years. He is a kind and giving man whose story touches a nerve for anyone with an addictive personality. We all know someone who has reached his or her limit; Arnie fought his way back and lived to tell about what it takes to recover and reclaim your life.&#151;Ian EagleCBS Sports/YES Network/Westwood One Radio&#147;Here, at last, is a testament that gives life to the idea that gambling is not a true addiction. Largely state-sanctioned gambling allows us to engage in high-risk behavior that we have come to see as an acceptable activity. It continues to grow. It has become an American industry to the point that we now believe in &#145;family gambling&#151; as a good thing. In this intensely personal story, Sheila and Arnie bring home the reality of the dangers inherent in gambling when it

becomes an addiction. Gambling, by any and all measures, qualifies as a real medical problem. The more we encourage it the more addicts there will be. More importantly, Sheila and Arnie clearly offer a way out of the hopelessness that strikes at the heart of all addicts. Read this book. See if there is anyone you know and can lead on the way to recovery. This is an important treatise that finally brings this hidden problem to the public's eye.

—Allan Lans, DO,  
FASAM Assistant Professor in Psychiatry, Columbia College of Physicians and Surgeons

Just because something is legal, it is not necessarily good or safe. Alcohol is legal, and the misuse of alcohol is responsible for much human misery and humongous losses both in life and money. This is equally true of gambling. Many people are vulnerable to compulsive, addictive gambling, which has resulted in incalculable misery. The compulsion to gamble is one of the strongest drives, ruining families and leading to criminal acts to support the gambling habit. Gambling is not only tolerated socially, but is actually promoted politically. Children are very vulnerable to becoming addictive gamblers, and our culture is paving the way for them. No one knows the ins-and-outs of compulsive gambling better than Arnie Wexler, who has helped literally thousands of people to break loose from this deadly addiction. This book is a must read for everyone. The epidemic of compulsive gambling feeds on ignorance. The more we know about compulsive gambling, the more we can protect ourselves and our loved ones from this malignant condition.

—Abraham J. Twerski,  
MD Medical Director Emeritus and Founder, Gateway Rehabilitation Center

. . . I first met Arnie in Nevada in 2006 at a presentation I gave about sports books; he was my validation of my training! I was then fortunate to be a student of both Arnie and Sheila at another conference. I have the deepest respect and admiration for both of them, not only for the help they provide to people, but for allowing me to be both instructor and student.

—Deneen L Hernandez  
FBI Forensic Examiner

Arnie Wexler's compulsive gambling spiraled out of control . . . now after forty-plus years in recovery he is a nationally known expert on gambling addiction and helps others to quit the bet.

All Bets Are Off chronicles Wexler's life as a gambler that began on the streets of Brooklyn, New York, flipping cards, shooting marbles, and playing pinball machines. At age fourteen he found the racetrack, a bookie to take his bets, and started playing the stock market. His preoccupation with gambling accelerated until a fateful day in 1968 when it all came crashing down. Wexler's gripping narrative leads us through the dungeon of a compulsive gambler's world; chasing the big win and coming up with empty pockets; and how his addiction drove him and his wife, Sheila, to the edge of life. With help, they managed to

escape, and together they have devoted themselves to helping others with the problem they know so well.

I have read many accounts of gambling addiction - including the devastation the disease causes for the addict and the family. Arnie Wexler faces squarely the ugly truth of how his gambling obsession led him to unspeakable lows, and he shares the steps he finally had to take to get help and experience recovery from one of the most insidious and least understood of all addictions. He also bravely acknowledges the toll his addiction took on his family. What distinguishes *All Bets Are Off* from other first-hand accounts of gambling addiction is the inclusion of Arnie's wife Sheila's "take" on each experience along the way...from how the addict's behavior during active gambling addiction impacted HER life to the challenges of rebuilding THEIRS lives together in recovery! Gambling addiction impacts the whole family...and recovery does as well. Arnie and Sheila pull no punches about the challenges of rebuilding trust, restoring a marriage and ultimately facing squarely the "roles" all parties play when there's an addict in the family. I wholeheartedly recommend this book not only for gambling addicts seeking or in recovery, but as a "must read" for spouses and family members of the gambling addict. Bea Aikens Lanie's Hope

My name is Drew P. And I have suffered from a gambling addiction personally. I have had the honor of getting to know Arnie through my recovery from my own gambling addiction. Arnie is a world class guy who's patience, wisdom and character is unmatched. I met Arnie while in a Inpatient rehab center in west palm beach Florida. I had all the symptoms talked about in this book, and had done a lot of the things that most problem gamblers have done... Lie, cheat, steal, ect. While still in denial of my addiction I challenged Arnie head on with everything he said that was trying to help me... As I grew in recovery I realized he was right and later appolagized for my actions. The reason I'm saying this is because as strong as the disease was in me and as ignorant as I was to Arnie he never gave up on me dispite my ignorant attitude showed me unconditional love and support. If you or anyone you know is suffering with this addiction this book is a great place to start. I especially like "Sheila's experience" section of the chapters. It allows you to see how the compulsive gamblers addiction effects the lives of those close to them first hand from the words of Arnies wife Shiela. This book has inspired me to persue a carrier in helping others, just like Arnie and myself, whos lives have been effected by gambling and who still suffer from a gambling problem. If you are suffering from this disease There IS hope and there ARE people who know what the problem gambler and there family's are going through. Thank you so much for putting it all in black and white Arnie and

Shiela! Enjoy the book and God bless!

I am writing this review as a 25 year recovering Gambling addict, and former president of The Outreach Foundation for Problem and Compulsive Gamblers in Illinois. Thank you Mr Wexler for writing a comprehensive book about addictive gambling. This will be must reading for sponsees and their families. You give a complete picture of gambling and our society. At the same time we get to hear you and your wife's story of living with the addiction. We read how it was arrested and how you both found tremendous growth through your programs. Thank you for sharing that after abstinence our biggest challenge is bringing about a character change which should be worked on continuously. For the rest of our lives. Thank you both for sharing how important it is to have extensive public awareness and education about problem and addictive gambling. This book should be read by all! The story is riveting and the information about problem and addictive gambling should have the same awareness as drug and alcohol abuse. Best of all! This is a story of hope and love. It's happy ending is still being written. The passion of Arnie and Sheila Have saved the lives, and affected the lives of countless people for the better. Thank you for writing this book and the many wonderful additional chapters to be added in future additions. God bless you both, and thank you! Wayne Burdick free from bandage since 09/23/1989

Insightful look at the life of a compulsive gambler as well as the sad saga of the enabling spouse. The world is well aware of the plight of an alcoholic and the visible signs of a drug addict. The well-hidden aspects of the compulsive gambler are exposed in this clear, concise work. A must read for anyone impacted by the outrageous behavior of a problem gambler. Required reading for all those working in the field of addiction recovery. The compulsive gambler cons loved ones and friends out of their money to feed one's habit. The lying and stealing progress beyond belief until the gambler is caught and goes to jail, goes insane, or commits suicide. Recovery without the help of the 12-step program--Gamblers Anonymous--and in many cases therapy, there is little hope the gambling addict will lead a normal way of life once again.

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RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) All Bets Are Off: Losers, Liars, and Recovery from Gambling Addiction Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) The Gambling Addiction Recovery Workbook: Written by a Former Gambler (Gambling Addiction Cure, Compulsive Gambling, Problem Gambling, Gambling Stories) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) The Ultimate Gambling Addiction Help Guide: How to Overcome a Gambling Addiction and Problem Gambling Once and for All Gambling Addiction Cure: How to Overcome Gambling Addiction and Stop Compulsive Gambling for Life Gambling:Just Stop Pressing The Button: The Truth Behind our Gambling Addiction - What Most People Do Not Understand And How You Stop Gambling Away Your Life The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) She Bets Her Life: A True Story of Gambling Addiction Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Gambling Addiction: One Last Game!: How To Stop Gambling And Finally Get Your Life Back GAMBLING ADDICTION: Overcome Gambling Compulsion Today! Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs abuse, heroin addiction) 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love The Gambling Addiction Recovery Workbook: Written by a Former Gambler

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