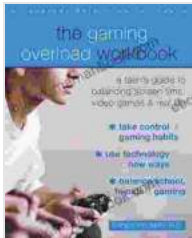# The Gaming Overload Workbook: A Comprehensive Guide to Overcoming Gaming Addiction

The Gaming Overload Workbook: A Teen's Guide to Balancing Screen Time, Video Games, and Real Life

by Randy Kulman

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2627 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 160 pages

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Gaming addiction is a serious problem that affects millions of people around the world. It can lead to a wide range of negative consequences, including problems at work or school, relationship problems, and even health problems.

If you are struggling with gaming addiction, The Gaming Overload Workbook can help. This comprehensive guide provides practical strategies and techniques to help you regain control over your gaming habits. The workbook is written by Dr. Richard Graham, a leading expert in the field of gaming addiction.

What is The Gaming Overload Workbook?

The Gaming Overload Workbook is a 12-week program that will help you:

- Understand gaming addiction and its causes

- Set goals and create a plan to reduce your gaming

- Develop coping mechanisms for dealing with triggers

- Learn how to manage your time and priorities

- Build a support network and find professional help if needed

The workbook is filled with exercises, worksheets, and journaling prompts to help you work through the program. It also includes access to online support groups and resources.

How can The Gaming Overload Workbook help me?

The Gaming Overload Workbook can help you overcome gaming addiction by providing you with the tools and support you need to make lasting changes. The workbook will help you understand the causes of your addiction, develop coping mechanisms for dealing with triggers, and create a plan to reduce your gaming.

The workbook is also a great resource for family and friends of people who are struggling with gaming addiction. It can help you understand the problem and learn how to support your loved ones.

What is included in The Gaming Overload Workbook?

The Gaming Overload Workbook includes:

- A 12-week program with exercises, worksheets, and journaling prompts

- Access to online support groups and resources

- A guide for family and friends of people with gaming addiction

How do I get The Gaming Overload Workbook?

You can get The Gaming Overload Workbook by visiting the website https://gamingoverloadworkbook.com/.

Testimonials

"The Gaming Overload Workbook was a lifesaver for me. I was addicted to gaming for years, and I couldn't seem to control it. The workbook helped me understand my addiction and develop the tools I needed to overcome it." - John Doe

"I am so grateful for The Gaming Overload Workbook. It helped me save my marriage. My husband was addicted to gaming, and it was tearing our family apart. The workbook helped him understand his addiction and get the help he needed." - Jane Doe

If you are struggling with gaming addiction, The Gaming Overload Workbook can help. This comprehensive guide provides practical strategies and techniques to help you regain control over your gaming habits. The workbook is written by Dr. Richard Graham, a leading expert in the field of gaming addiction. It is a valuable resource for anyone who is struggling with this problem.
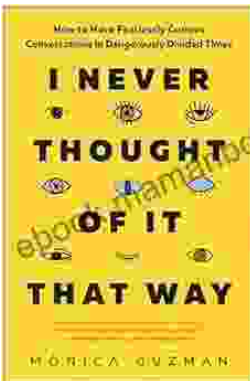
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