**Praise for The 12 Steps for Digital Gaming Addiction**

“A must-read for anyone who is addicted to or thinks they may have a problem with digital gaming. This eloquent work will also be useful to academics and clinicians exploring potential solutions. The author recognizes the similarities between gaming addiction and other addictions, and logically applies one of the most effective known solutions for addiction - The Twelve Steps.”

-- Earl Hightower, Noted Interventionist and Keynote Speaker

“If you suffer from digital gaming addiction, I strongly encourage you to use this book as your road map to get you back to the real world.”   
-- Michael Stelzner, Founder of Social Media Examiner.

“As a high school teacher for 24 years, husband, father, coach, and 12-Step member, I can assure you that this book will transform the life of anyone who is addicted to video games. Well written, easy to understand, and a wonderful book that will provide you with a clear road map to recovery, and this includes teenagers, a group I have been working with in the classroom for decades.”   
-- Marcus Franco, Costa Mesa, CA High School Teacher.

\*\*\*\*\*\*\*\* OR SOME OTHER BREAK TO SEPARATE SECTIONS

An effective solution to the challenge of Digital Gaming Addiction (aka Video Game Addiction) based on the rich and successful tradition of the Twelve Steps.

Addiction to Digital Gaming is a new and troubling phenomenon that has burst upon an unprepared society with alarming speed. Many people crave the use of Digital Games in a strikingly similar way to any other addict. Digital Games are a complex software and hardware system that have been designed to promote continued and progressive usage. This sophisticated technology clearly feeds on natural addictive tendencies.

The 12 Steps are one of the most effective methods for treating addiction in human history. Originating with Alcoholics Anonymous in 1939, the 12 Steps have since been used to treat a variety of other addictions, including drugs, sex, gambling, eating disorders, and many others. Now in this groundbreaking work the 12 Steps are applied to the complex and evolving contemporary phenomenon of Digital Gaming Addiction.

**About the Author**

Jim Sugel is a Technology Consultant and Writer with many years of professional coding and consulting experience. He also struggled with addiction to drugs and alcohol and is now clean and sober in a Twelve-Step program for over 17 years. This unique combination of 12-Step experience and technology expertise led him to create the 12 Steps for Digital Gaming Addiction.