

FOREWORD

This treatise is definitely autobiographical. All of the scenarios depicted are factual and accurate. However, in many cases, names and places have been changed to protect the guilty.

Many books have been written on the technical aspects of gambling, and are easily obtainable (and highly recommended). Therefore, I will rely on technical data primarily to reinforce points, and focus on the *psychology* of “gaming.”

I feel that you, too, can enjoy the “good life,” make money and even improve your mental health in the process, *if* you have the discipline to truly “use your head.” The chapters ahead will detail exactly how you can do so, and will lay it out in practical terms.

I truly believe that these principals can be of greatest benefit to individuals who are just getting started in casino “gaming,” but *anyone* (high rollers, low rollers, no rollers) would be wise to take heed.