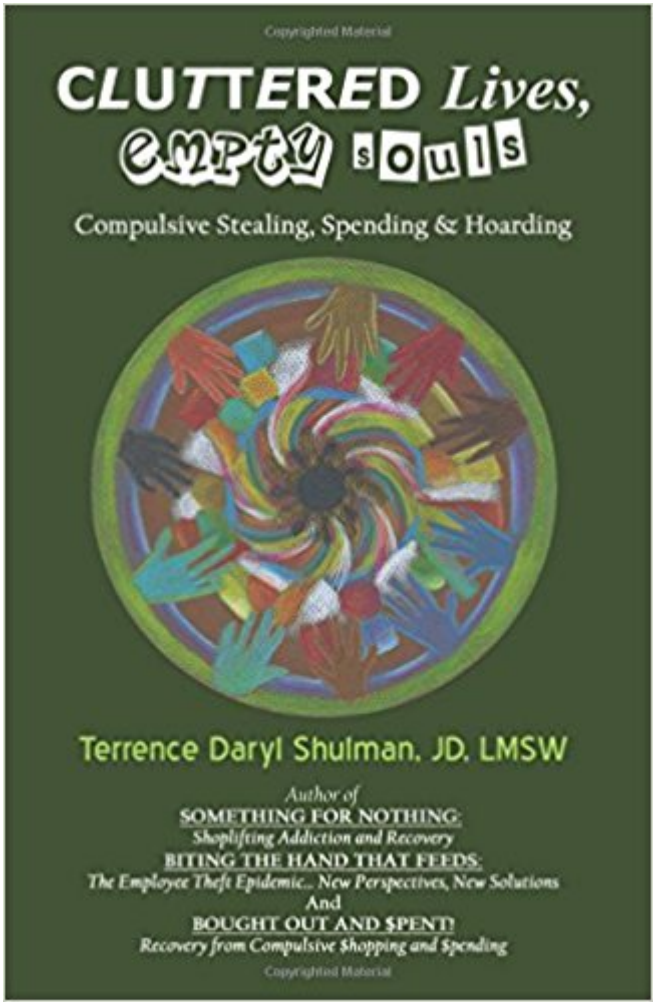
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Cluttered Lives, Empty Souls: Compulsive Stealing, Spending, And Hoarding



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Synopsis

Theres something troubling in our midst, somehow lost among the myriad of problems and challenges we face individually and collectively. Stealing, spending and hoarding behaviors have slowly then rapidly exploded in front of our eyesor, perhaps more accuratelysilently and secretively. The lines between governmental or corporate overspending and greed vs. plain theft and fraud have blurred and, yet, sharpened.

Book Information

Paperback: 274 pages

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Average Customer Review: 4.6 out of 5 stars 14 customer reviews

Best Sellers Rank: #372,623 in Books (See Top 100 in Books) #28 inÃ Â Books > Health, Fitness & Dieting > Addiction & Recovery > Hoarding #993 inÃ Â Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #29759 inÃ Â Books > Self-Help

Customer Reviews

Terrence Daryl Shulman is a native Detroiter, an attorney, addictions therapist, and consultant. He founded the website www.shopaholicsanonymous.org in 2004. Mr. Shulman is the founder and director of The Shulman Center for Compulsive Theft & Spending. He specializes in counseling clients with theft addictions and disorders and/or compulsive shopping/spending. He has been featured on various television programs, notably Oprah, Prime Time Live, 48 Hours, Prime Time, Fox Files, Inside Edition, Extra!, The Today Show, The Early Show, Ricki Lake, Queen Latifah, CNN News, Fox Cable News, The Discovery Channel, Womens Entertainment TV, The Mike & Juliet Show and numerous local news programs. This is Mr. Shulmans third book.

If you have problems with any of these issues, this is for you, and will resonate and set you on a clearer path.

Shipman paints a clear picture as to the lifestyle(s) of compulsions. The diverse explanations

enlightens the reader as to the harm it causes individuals as well as hope.

This was a very insightful book for me. Instead of just judging people by their acts, it helped me understand why. I am better prepared to deal with people with these challenges and to give them hope! Thank you:)

She carries it around with her everywhere she goes. I think it is helping her see the root of her issues.

I am interested in the topics of people hoarding, shoplifting and stealing. This book presents a good psychological insight into why these behaviors manifest themselves. I learned a lot.

From the author ofÃ Â Secret Keeping: Overcoming Hidden Habits and AddictionsWithout a doubt, author Terrence Shulman is the go-to expert for these disturbing topics. His heart is in every word of advice and counseling suggestion in this helpful resource. As an additions counselor who deals with "insane" behavior, I resonated fully with his focus on "the pain which causes people to shoplift and steal, overshop and overspend, hoard and clutter, and lie, cheat, break rules, and take destructive risks."This book offers understanding and hope to such hurting people. It is useful as well as inspiring, practical as well as humorous. Not only does it tackle the broad range of disorders above, it goes beyond to deal with the seldom-dealt-with areas of rule-breaking, risk-taking, and secrecy -- all with case studies/personal stories, worksheets, surveys, questionnaires, and statistics. The author has also added a chapter of interviews with experts.A key premise I found insightful that Mr. Shulman explores is how these tendencies stem from beliefs of inadequacy, unworthiness, deprivation, and feeling unlovable. "It’s typical these persons have experienced being victimized in their lives and felt deprived materially and/or emotionally. Thus, they become obsessed with making things right, evening the score, and feel both entitled to their excesses and out of touch with the outrage and negativity their behaviors evoke in others."Highly recommend for lay readers and professionals alike.

As the President of a Loss Prevention and Shrinkage Control consulting company who has been dealing with these issues for over 25 years, I would highly recommend this book to anyone with an interest in these compulsions. Mr. Shulman’s true life stories of those living and dealing with compulsive theft, spending and hoarding issues makes this book an easy and understandable read.

Don’t miss the "Interviews with Experts in the Field" chapter where others with experience in this issue share their thoughts and opinions.

This is by far one of THE best books I have ever read about the subject of compulsive stealing, spending & hoarding!!! Another wonderful book from Terrence Schulman! I especially enjoyed reading the stories of real-life human beings suffering from these compulsions. The stories of these folks really drove home the importance of understanding that anyone can fall prey to these issues and why we all must be ever mindful that this is very close to home -- for all of us!

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