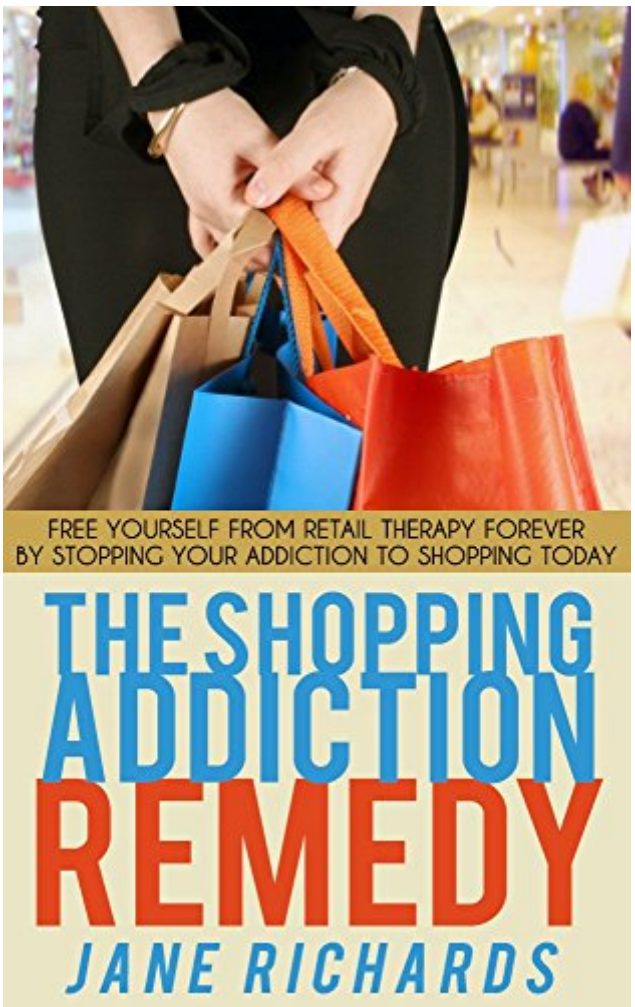
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The Shopping Addiction Remedy: Free Yourself From Retail Therapy Forever By Stopping Your Addiction To Shopping Today (shopping, Credit Card Debt, Shopping ... Retail Therapy, Ebay Shopping, Spending)




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Synopsis

A Step-By-Step Method To Help Overcome Your Shopping Addiction Once And For AllShopping is a seemingly harmless activity. Unfortunately, when this innocent pastime spirals out of hand, it can lead to emotional and financial disaster, potentially leading to the destruction of personal and professional relationships. Much like an addiction to alcohol or gambling, shopping addictions can take over a personÃ¢â ¬â„¢s life. Although a shopping addiction does not involve the intake of intoxicating substances, it can be just as damaging to a personÃ¢â ¬â„¢s overall wellbeing.It is a sad reality that shopaholics are often ridiculed by society. Many people donÃ¢â ¬â„¢t realize that an addiction to shopping is a very real problem and the consequences can be devastating. This book will help you grasp the gravity of the situation, and will help you understand that a shopping problem is more than just a lack of willpower.A preview of what you will learnÃ¢â ¬Â¦The Psychology of Retail Therapy Symptoms of Extreme Shopping AddictionControl Your Shopping TriggersGain Financial Freedom and a Healthy LifestyleMuch, much more!Download your copy today!Tags: compulsive shopping, shopaholic, retail therapy, addictive behaviour, problem shopping, problem spending, online shopping

Book Information

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Customer Reviews

I am a serious shopaholic! I absolutely love it and whether im shopping for groceries or whatever i somehow find myself in the fitting rooms trying on a dress i saw five mins ago. Tbh i didnt really see it as a problem until i came across this book which really made me think.I learned how to identify the triggers which cause my 'addiction' and how to go about curbing my impluses whilst out shopping. Would have liked to to have had some actionable steps buy nonetheless it is definately worth a read if you are a shopaholic like me.

I really needed this book, I have to admit that I am a shooing addict, always thinking to go out and just buy stuff, most of them don't really need. At some point I realized that I needed to do something with this and happily came across this book. The thing that for me was an eye-opener is to realize the cause of my behavior and that I can change myself, this known alone made me somewhat a different person.This knowledge is very important if you know that your shopping habits are becoming too compulsive. Great BOOK !

Don't waste your time. All this book will tell you is to get help and stop shopping. It didn't take rocket science to know that

Addiction can show up in many ways, and I didnÃƒÂ¢Ã â ¬Ã â„¢t realize that my shopping was displaying addiction signs! I thought my shopping was just an innocent pastime, even though it often caused me to spend more money than I wanted to, and after reading this novel I realized my shopping is more of an addiction than just some simple shopping! Thankfully I know now what the signs are of my shopping addiction, and how to be able to economically shop for the items I need rather than just buy things for the sake of shopping. This is a must read for anyone who shops more than needed!

Shopping addiction is often viewed as something that only women experience. I am very glad that this book took the stance that it can affect anyone. I have struggled with this for some time. The Shopping Addiction Remedy is going to be a big help for me. The first couple of chapters how you decide if you have a shopping addiction. For me, the best parts of the book were the ways of controlling your shopping triggers. There are several techniques that I think will be a big help for me.

I highly recommend this book.

Wow, what a relief! I Really had a problem, after getting started with credit cards. I feel it's fair to say that this book saved me because i saw myself going down a very bad road if i did not get help. I wanted to read a book that had practical tips to get me out of this bad habit of mine and Jane Richards really delivered. Life is back to normal and i'm blessed to have come across this book.

This book was really good. I truly believe it may be able to help me to save some money and help some of my friends with their overspending due to shopping.I love the strategies in the books, I can start applying them right away. Now I have some hope that things will get better.

Finally, a guide that will help one get a hold on overspending and being caught up in a spending loop! This is a practical and simple guide to lead one on the path of recovery for shopping addictions.

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