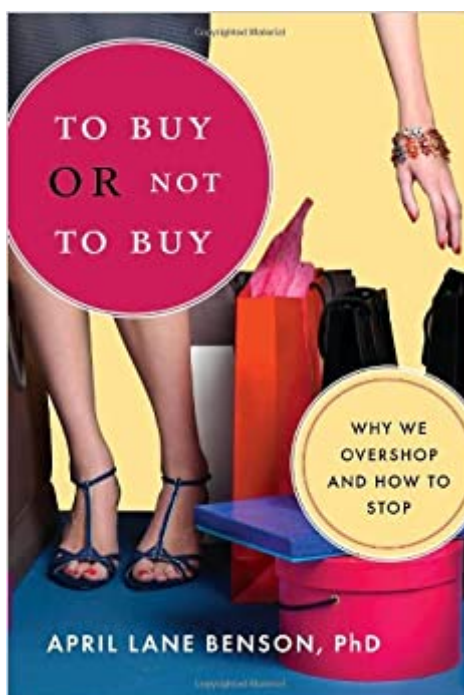


The book was found

To Buy Or Not To Buy: Why We Overshop And How To Stop



Synopsis

Are you a shopaholic? Do you use shopping as a quick fix for the blues? Do you often buy things that you don't need or can't afford? Do your buying binges leave you feeling anxious or guilty? Is your shopping behavior hurting your relationships? Have you tried to stop but been unable to? If so, you are not alone. Nearly 18 million Americans are problem shoppers, unable to break the buying habits that lead them into debt, damaged relationships, and depression. If this describes you, or someone you care about, the help you need is here. Drawing on recent research and on decades of working with overs shoppers, Dr. April Benson brings together key insights with practical strategies in a powerful program to help you stop overs shopping. As you progress through this book, you'll take back control of your shopping and spending and create a richer, more meaningful and satisfying life. To learn more about the author, visit her website: www.stoppingovershopping.com

Book Information

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Customer Reviews

"This warm, wonderful book provides a road map for making the journey from overs shopping to full recovery and life balance. I particularly enjoyed the use of mindfulness techniques. Every overs shopper needs this book!" —Olivia Mellan, *Overcoming Overspending*

"An extremely helpful book. Dr. Benson provides a practical, step-by-step method for recognizing, controlling, and finally stopping a shopping problem. I recommend it without hesitation." —Lorrin Koran, MD, Stanford University Medical Center

"If you are a compulsive or chronic shopper—as millions are—this book may well save your sanity, your relationships, your marriage, or even your

life.ââ”Jerold Mundis, author of *How to Get Out of Debt, Stay Out of Debt, and Live Prosperously*
âThis book instructs wisely about the problem of compulsive buying and how it might be
reasonably overcome.ââ”New England Psychologist

April Lane Benson, PhD, is a nationally known psychologist who specializes in the treatment of compulsive buying disorder. She has appeared on several national television programs including the Today Show, Good Morning America, and the CBS Evening News.

I am really enjoying this book, but want to be honest- this is not a book you can sit down and read cover to cover in a day and expect to fix an over-shopping problem. This book suggests that you take it slow and answer all the questions in each section, which requires time and commitment. I am finding it worth it though. I feel the work I've done in the book so far has been very helpful.

I was hesitant but desperate to find help from a book. Yeah right a self help book is going to work. This one works. Yes its still a day to day battle but this book makes u think and gives u techniques to second think should i be buying this. If you are a shopping addict u need to read this book. There are exercises in this book in why, what, past experiences in why u shop.

This was well worth the money and is unique in looking at the psychological causes and triggers of overspending. I haven't completed all of the exercises yet but have still reaped the benefits of the book.

For anyone struggling with debt, this book offers deep insight into the root of the behaviors that lead to debt as well as a step-by-step process for inventorying and reformatting foundational beliefs and behaviors. Highly recommended for those who want to regain their financial center.

it's great! I have read just a few chapters but it has already helped me, I am on my way to recovery!

This is a very good book. It gives clear, step-by-step instructions in how to undo a shopping addiction. It gets right to the bottom of the why's before she moves into the how's.

This book was just amazing. It gave me so many tools to finally overcome this crazy shopping addiction. I highly recommend!

I am working through this amazing book right now and I have a strong feeling it's going to save my life. I am not generally a big fan of self help books but this one gets to the heart of the matter in a very clear, warm, and understandable way. I love it and would recommend this book to anyone who cannot seem to control their shopping/spending.

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