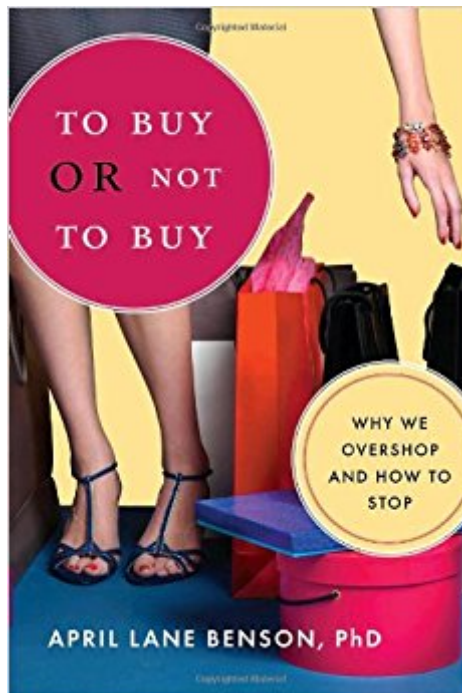




The book was found

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 overshoppers, Dr. April Benson brings together key insights with practical strategies in a powerful program to help you stop overshopping. 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

Paperback: 288 pages

Publisher: Trumpeter (December 30, 2008)

Language: English

ISBN-10: 159030599X

ISBN-13: 978-1590305997

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 65 customer reviews

Best Sellers Rank: #60,256 in Books (See Top 100 in Books) #62 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior #211 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #1002 in Books > Self-Help > Motivational

Customer Reviews

"This warm, wonderful book provides a road map for making the journey from overshopping to full recovery and life balance. I particularly enjoyed the use of mindfulness techniques. Every overshopper 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 œThis 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.

[Download to continue reading...](#)

To Buy or Not to Buy: Why We Overshop and How to Stop
Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop)
Gambling: Just Stop Pressing The Button: The Truth Behind our Gambling Addiction - What Most People Do Not Understand And How You Stop Gambling Away Your Life
The Undercover Economist, Revised and Updated Edition: Exposing Why the Rich Are Rich, the Poor Are Poor - and Why You Can Never Buy a Decent Used Car!
The Undercover Economist: Exposing Why the Rich Are Rich, the Poor Are Poor--and Why You Can Never Buy a Decent Used Car!
Don't Stop Believing: Why Living Like Jesus Is Not Enough
Buy 'Hot' Franchises without Getting Burned: A How to Franchise Guide: Helping You Make the Best Decision When You Buy a Franchise
HOW TO BUY A USED CAR: A Complete Guide from Start to Finish
On How To Buy A Used Car; FROM THE PERSPECTIVE OF AN EXPERIENCED LICENSED CAR DEALER
Buying Checklist Included
Gerry Frank's Where to Find It, Buy It, Eat It in New York (Gerry Frank's Where to Find It, Buy It, Eat It in New York (Regular Edition))
Soccernomics: Why England Loses, Why Spain, Germany, and Brazil Win, and Why the U.S., Japan, Australia and Even Iraq Are Destined to Become the Kings of the World's Most Popular Sport
"Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear
You Are Not So Smart: Why You Have Too Many Friends on Facebook, Why Your Memory Is Mostly Fiction, and 46 Other Ways You're Deluding Yourself
Not Quite Adults: Why 20-Somethings Are Choosing a Slower Path to Adulthood, and Why It's Good for Everyone
Unjournaling: Daily Writing Exercises That Are Not Personal, Not Introspective, Not Boring!
Not for Tourists 2010 Guide to New York City (Not for Tourists Guidebook) (Not for Tourists Guidebooks) Not for Tourists Guide to 2010 Chicago (Not for Tourists Guidebook) (Not for Tourists Guidebooks) Not My Circus, Not My Monkeys: Why the Path to Transformational Customer Experience Runs Through Employee Experience
Why Do Christians Shoot Their Wounded?: Helping (Not Hurting) Those with Emotional Difficulties (Not Hurting Those With Emotional Difficulties)
You Are Not So Smart: Why You Have Too Many Friends on Facebook, Why Your Memory Is Mostly Fiction, and 46 Other Ways You're Deluding Yourself
What Men

Won't Tell You: Women's Guide to Understanding Men (How to read their minds, what men want, why men cheat, why men won't commit, why men lose interest, how to avoid rejection from men)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)