

Title:

Shopping Addiction leads to a Financial Whirlpool.

Word Count:

524

Summary:

Shopping is something most people love. But often the thrill, excitement, and absorption become

Keywords:

shopping deals, finding coupons, shopping discounts, price comparison

Article Body:

Shopping is something most people love. But often the thrill, excitement, and absorption become

Shopping for many is escapism from the realities of life and its accompanying problems. It is

Like alcoholics, compulsive shoppers go on binges when they are upset, lonely, depressed, or f

The possible repair of finances and cure of the addiction is possible only if the shopper accep

Guidelines:

1. First and foremost set small limits on all credit cards. Freezing the limits will help
2. Lock away all credit and debit cards.
3. Budget household and other expenses. Make specific envelopes and mark them clearly for
4. Sit with a family member or friend and make a list of bare essentials. Go shopping with
5. Never visit sales or discount warehouses. Or, watch television shopping channels.
6. Do not subscribe to shopping catalogues.
7. Fill your day choc-a-bloc with activities. If you have no time to 'stand and stare' yo
8. Go to the mall or shopper's paradise after they are all safely closed for the day. Thi
9. If you feel the itch or urge to shop, resist it with all your strength and go out for
10. Pay for all purchases by cash or cheque. Use a card only in emergencies.

Compulsive shopping is a serious addiction. It is escapism from realities and unhappiness. As

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>