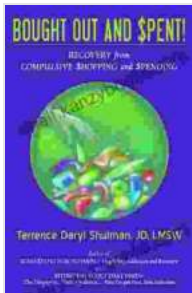


Bought Out and Spent: Breaking Free from Compulsive Shopping

About the Book

Compulsive shopping is a serious addiction that can have a devastating impact on your life. It can lead to financial ruin, relationship problems, and even health issues. If you're struggling with compulsive shopping, you're not alone. Millions of people suffer from this addiction, but there is hope.



Bought Out and Spent! Recovery from Compulsive Shopping & Spending by Terrence Daryl Shulman

★★★★☆ 4.3 out of 5

Language	: English
File size	: 597 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 216 pages
Lending	: Enabled



Bought Out and Spent is a comprehensive guide to recovery from compulsive shopping. It offers practical strategies and insights to help you understand and overcome your addiction. This book will help you:

- Identify the root causes of your compulsive shopping
- Develop coping mechanisms to deal with triggers

- Create a plan for recovery
- Find support from others who understand your struggle

If you're ready to break free from compulsive shopping, *Bought Out and Spent* is the book for you. This book can guide you step by step to a healthier relationship with money and your life.

What Others Are Saying

"Bought Out and Spent is a must-read for anyone struggling with compulsive shopping. This book provides a wealth of practical advice and insights that can help you overcome your addiction." - **Dr. Gabor Maté**, author of *In the Realm of Hungry Ghosts*

"Bought Out and Spent is a powerful and inspiring book. This book has helped me to understand my own compulsive shopping and to develop the tools I need to recover." - **A. Reader**

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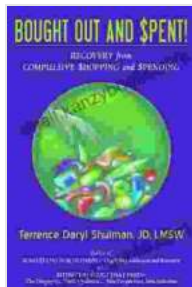
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About the Author

Julie Anne Hollis is a licensed psychotherapist and certified compulsive spending counselor. She has over 20 years of experience helping people

overcome compulsive shopping and other addictions. Julie is the author of several books on addiction recovery, including *Bought Out and Spent* and *The Recovery Workbook for Compulsive Shoppers*.



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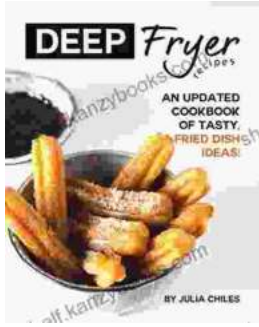
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