



How to rid of a shopaholism?

Shopaholism – is one of the problems of the modern society, spread in the last ten years. Many people, especially women, consider shopping to be a leisure activity. They go shopping to pass the time and to get pleasure

SALE





However, love for shopping is all right until it turns into addiction. To my mind, shopaholism is becoming a global problem, with the growth of advertising and online trading. It can be compared with smoking, alcoholism or drug abuse.

Some Easy Steps to STOP Shopping Addiction

A person wearing a blue and white striped shirt is holding a large number of colorful shopping bags. The bags are in various colors including yellow, orange, green, blue, purple, and pink. The person is standing in what appears to be a shopping area with a blurred background.

1. Identify a “need” from a “want.”

2. If you know you have a problem, try to avoid discount warehouses, malls and shopping districts.

3. Make a shopping list

4. Carry a shopping list



5. Avoid things like online stores or TV shopping channels.

6. Get support

