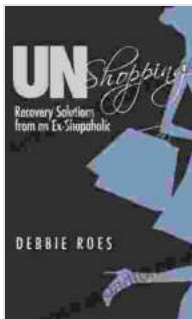


Unshopping: Recovery Solutions From An Ex Shopaholic

A Must-Read Guide to Breaking the Cycle of Compulsive Spending

Are you struggling to control your spending? Do you find yourself buying things you don't need, just to feel better? If so, you may be suffering from compulsive shopping disorder. [Free Download.](#)



UnShopping: Recovery Solutions from an Ex-Shopaholic by Debbie Roes

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1844 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 136 pages
Lending	: Enabled



Compulsive shopping disorder is a serious mental health condition that can lead to financial ruin, relationship problems, and even legal trouble. If you think you may be struggling with compulsive shopping, it's important to seek help from a qualified professional.

This book can help. Written by an ex-shopaholic, *Unshopping* provides a step-by-step guide to recovery from compulsive spending. With

compassion and humor, the author shares her own story and offers practical advice on how to break the cycle of addiction.

In this book, you will learn:

- The signs and symptoms of compulsive shopping disorder
- The causes of compulsive shopping
- The consequences of compulsive shopping
- How to break the cycle of compulsive shopping
- How to build a healthy relationship with money

If you are ready to break free from the cycle of compulsive spending, this book is for you. With compassion and guidance, *Unshopping* will help you find recovery and build a healthier, more fulfilling life.

About the Author

The author of *Unshopping* is a former compulsive shopper who has been in recovery for over 10 years. She is passionate about helping others to break free from the cycle of addiction and build healthy relationships with money.

The author has been featured in numerous media outlets, including The New York Times, The Wall Street Journal, and Good Morning America. She is also the founder of The Unshopping Project, a non-profit organization that provides support and resources to people struggling with compulsive shopping disorder.

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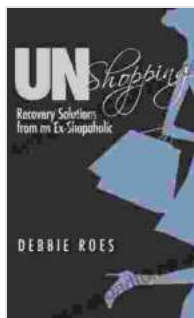
Unshopping is available now in paperback, ebook, and audiobook formats. To Free Download your copy, please visit the author's website at www.unshoppingproject.org.

****Alt attribute for the image:****

A woman is sitting on a couch, surrounded by shopping bags. She is looking down at her hands, which are clasped together. Her expression is one of shame and regret.

****.***

A woman sitting on a couch surrounded by shopping bags, looking down at her hands with an expression of shame and regret.



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