



*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*







*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 (yellow, orange, green, blue, purple, pink, and red) in their hands. The background is a blurred outdoor setting with a fence and trees.

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

