



# The Shopping Addiction & The Ultimate Self Esteem Guide (Human Behaviour Box Set) (Volume 9)

By Jeffrey Powell

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## The Shopping Addiction & The Ultimate Self Esteem Guide (Human Behaviour Box Set) (Volume 9) By Jeffrey Powell

***The Shopping Addiction 2nd Edition: A Cure for Compulsive Shopping and Spending to Free Yourself from Addiction! + The Ultimate Self Esteem Guide 2nd Edition: Steps to Building Self Esteem, Confidence, and Inner strength! Shopping Addiction***

Shopping is a raging phenomenon among developed countries and has been studied over and over. Sociologists say it's a 'female drive', in an attempt to explain the differences in shopping behaviour between men and women.

It was said that the same obsession of men over sports can be linked to the way women go crazy on Black Friday sales or on mall openings. In the evolution of man, the male species are known to be 'hunters', while women have always been the 'gatherers' or the ones who are in charge of finding things for their offspring.

It is quite a reductionist perspective and is still widely debated, but one thing's for sure, shopping will keep women enchanted for years to come.

This behaviour is not exactly exclusive to women though, because when you consider the purchase of gadgets, large screen TV's, and high-end cars, the tendency of men to make expensive purchases is surely noticeable.

However, this is limited to a targeted section of the market. Women, on the other hand, will shop whenever, wherever and whatever! This is because men consider shopping as merely a purchase of specific merchandise while for women, it's a whole different world altogether.

It's hard to not love shopping. The glitz, glamour, scents of a newly minted shopping mall, the vibrant colours, the excitement, the friends you meet along the way, the giddy feeling of being able to buy all the fabulous things that money can buy

– all of these are hard to resist!

But when does shopping stop being a charm and starts haunting you like a curse?

Where do you draw the line between recreation and obsession?

Do you think you're a shopaholic?

Let's go find out.

***Topics discovered...***

- The Seductive Charms of Shopping
- When the Charm Turns to a Curse
- Lifestyles of the Rich and Famous
- Celebrity Shopaholics
- The WHY's of Shopaholics
- Compulsive Buying Disorder
- Consequences of Shopping Addiction
- How to Cure Shopping Addiction

***Self Esteem***

Do you have self confidence and rational belief in your own self?

Are you aware your own strengths and capabilities?

The level of your self confidence is a result of how you perceive your own self! This has a significant influence on other people's perception of you! How others relate and react to you is a reflection of your own self perception!

So if you have low self-esteem, it can result to other people having a difficult time believing in your capabilities.

Did you know self confidence is a skill that you can learn?

With time and effort, you can become a self-confident person who is able to live the life that you want for yourself.

This book, will find the inspiration and the tools you need in building your self esteem, confidence and inner strength.

***Sneak Peak Of Topics Covered...***

- What Is Self Confidence?
- How Your Early Years Shaped You
- What Is Self-Esteem?
- How to Overcome Your Self-Defeating Thoughts
- Steps in Building Your Self Confidence
- Importance of Self-Esteem
- Types of Self-Esteem
- Dimensions of Self-Esteem
- Problems Related to Self-Esteem
- Identity and Self-Esteem
- Tips to Improve Self-Esteem
- Much, much more!

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**By Jeffrey Powell Bibliography**

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##### **Orville Hightower:**

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