



I Shop Therefore I Am: Compulsive Buying and the Search for Self

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Compulsive buying is a serious, often secretive affliction, with profound emotional, social, occupational, and financial consequences. As many as a quarter of us have problems with buying, and studies suggest that between one and six percent of the population are full-fledged compulsive buyers. *I Shop, Therefore I Am: Compulsive Buying and the Search for Self* brings together, for the first time, the most important thinking about this disorder. As more and more therapists encounter compulsive buying (whether as a presenting problem or revealed in the course of ongoing therapy), the need for an in-depth clinical understanding of the disorder has grown. Dr. Benson has responded admirably to that need with a practical, comprehensive, and wonderfully readable work.

While the book focuses a wide-angled lens on the many aspects of compulsive buying, it emphasizes understanding the disorder as a desperate search for self in people whose identity is not securely established. It defines the syndrome of compulsive consumption, examines the range and variations within it, discusses assessment and associated disorders, and delineates successful treatment modalities. Offering insights from a broad spectrum of therapies—psychopharmacology, psychodynamic therapy, cognitive-behavioral treatment, couples and group therapy, self-help, and financial counseling—this book is an indispensable toolbox for the increasing number of therapists who see patients with shopping, buying, or debting problems.

A Jason Aronson Book

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The reason? Because this I Shop Therefore I Am: Compulsive Buying and the Search for Self is an unordinary book that the inside of the publication waiting for you to snap it but latter it will jolt you with the secret the item inside. Reading this book next to it was fantastic author who all write the book in such remarkable way makes the content within easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of gains than the other book get such as help improving your skill and your critical thinking method. So , still want to hesitate having that book? If I have been you I will go to the guide store hurriedly.

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