

(Free) How to Give Up Shopping (or at Least Cut Down)

## How to Give Up Shopping (or at Least Cut Down)

*Neradine Tisaj*

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**Neradine Tisaj : How to Give Up Shopping (or at Least Cut Down)** before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Give Up Shopping (or at Least Cut Down):

0 of 0 people found the following review helpful. GoodBy A.J.B.Gift to my wife0 of 0 people found the following review helpful. Nothing new to learn hereBy KarineWhile this was an entertaining read, it still didn't tell me anything that I didn't already know. I commend the author for bravely discussing her shopping addiction with the world. While it was humorous in some parts, it all just basically came down to common sense. Well that I what I got from the overall story.

Read any finance book and it will tell you to spend less and save more. But a financial planner telling a shopaholic to simply save more money is like a marathon runner telling a morbidly obese person to just exercise more. Where do

you start? How do you go from finding refuge in retail therapy to being able to walk past your favourite shop with your savings intact? Stressed, time-poor and addicted to the buzz of a newly purchased item, Neradine Tisaj had a definite shopping problem. But when she decided to try to save, no one could offer her advice that related to her lifestyle. One planner told her to find a husband and live off the one salary. Another told her to stay in each Saturday night and eat boiled eggs. Determined to both enjoy life and save money, Neradine devised a plan to find a way back to conscious, healthy spending - without forgoing a busy social life. Packed with truly helpful tips and cheeky anecdotes, **HOW TO GIVE UP SHOPPING** is for anyone who would like to save but also live. After all, man (an woman) does not live on boiled egg alone.

About the Author Neradine Tisaj works in television.