

Shoplifting Addiction The Ultimate Guide For How To Finally Overcome An Addiction To Stealing Kleptomania Theft Impulse Control Disorder Guilt Prevention

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This book truly is your 'ultimate guide' to stopping shoplifting addiction. It is thorough and goes into great detail on the ins and outs of shoplifting addiction as well as giving you the tools and strategies you need to overcome this negative behavior. The book begins by helping you understand, in depth, shoplifting addiction. Why do you do it?

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Discover How To Overcome Your Shoplifting Addiction For Life!Read on your PC, Mac, smart phone, tablet or Kindle device!You're about to discover a proven strategy on how to overcome your shoplifting addiction for the the rest of your life. Millions of people suffer from a shoplifting addiction and throw away their personal and professional success because of these issues. Most people realize how much of a problem this is, but are unable to change their situation, simply because it's been a part of their mindset for so long.The truth is, if you are suffering from limitations because of your shoplifting addiction and haven't been able to change, it's because you are lacking an effective strategy and understanding of where your addiction is coming from and why it is so hard to stop. This book goes into where shoplifting addictions originate, signs and symptoms of a compulsive shoplifter, and a step-by-step strategy that will help you free yourself from your addiction and help you take control of your life.Here Is A Preview Of What You'll Learn... Understanding Shoplifting Addiction Negative Effects of A Shoplifting Addiction How To Overcome The Addiction Once And For All Take action right away to overcome your shoplifting addiction by downloading this book, "Shoplifting Addiction: The Ultimate Guide for How to Finally Overcome An Addiction to Stealing", for a limited time discount!

For over 39 years, psychologist Dr. Will Cupchik has investigated the atypical theft behavior (shoplifting, fraud, etc.) of usually honest and generally well functioning adults. This book includes his latest (2013) study's extensive findings that provide keen insights into the sorts of personal histories, personality traits and ways of operating in the world that can help precipitate theft behavior. Also included are unique, practical tools specifically developed to help successfully assess and treat these individuals.

, Mr. Shulman tackles the Employee Theft Epidemic in a whole new light! He debunks the myths and exposes a problem that affects us all

A Comprehensive usable guide to alter the course of addiction. Each specific drug & behavior is examined in detail.Learn how to Customize recovery strategies.

The powerful, unforgettable graphic memoir from Jarrett Krosoczka, about growing up with a drug-addicted mother, a missing father, and two unforgettably opinionated grandparents. A National Book Award Finalist! In kindergarten, Jarrett Krosoczka's teacher asks him to draw his family, with a mommy and a daddy. But Jarrett's family is much more complicated than that. His mom is an addict, in and out of rehab, and in and out of Jarrett's life. His father is a mystery -- Jarrett doesn't know where to find him, or even what his name is. Jarrett lives with his grandparents -- two very loud, very loving, very opinionated people who had thought they were through with raising children until Jarrett came along. Jarrett goes through his childhood trying to make his non-normal life as normal as possible, finding

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a way to express himself through drawing even as so little is being said to him about what's going on. Only as a teenager can Jarrett begin to piece together the truth of his family, reckoning with his mother and tracking down his father. Hey, Kiddo is a profoundly important memoir about growing up in a family grappling with addiction, and finding the art that helps you survive.

If you feel you are no longer in control of your behavior, that your actions may have interfered with your family, social, or working life, this workbook can help you take back control. Impulse control disorders (ICDs) include pathological gambling (PG), kleptomania/compulsive stealing (KM), pyromania/fire setting (PY), and compulsive buying (CB). ICDs are characterized by difficulties resisting urges to engage in behaviors that are excessive and/or ultimately harmful to oneself or others. ICDs are relatively common and can be significantly harmful - even life threatening. They can also be effectively treated with behavioral therapies. *Overcoming Impulse Control Problems* is written by researchers with years of experience studying the psychology of impulse control disorders. This book represents the treatment they have found to be the most effective at controlling urges to gamble, steal, set fires, and over-spend. It will also help you to better understand the true nature of impulse control problems, and will help to prevent future problems. Intended for use in conjunction with supervised therapy, this workbook includes various self-assessments and exercises designed to help you realize the truth behind your actions, and to reach the ultimate goal of changing your impulsive behaviors. This workbook and the corresponding therapist guide form a complete treatment package that will help you overcome your impulsive behaviors and learn skills that are useful for a lifetime.

Trichotillomania, one of the family of obsessive-compulsive disorders, may afflict as many as 6 to 8 million people in the United States. Now, a leading authority on obsessive-compulsive disorders, Dr. Fred Penzel, has written the most up-to-date, comprehensive, and authoritative guide to this syndrome available, filled with reassuring advice for patients and their families. Endorsed by the Trichotillomania Learning Center, the leading advocate group for this disorder, this superb handbook includes all the information a patient or relative would need to understand this illness and to cope with it. Penzel provides a detailed discussion of causes and he reviews all the treatment options, describing the most effective medications and their side effects as well as the recommended cognitive and behavioral treatments. He shows patients how to design a self-help program and gain control of their compulsive behavior, how to prevent relapse, describes trichotillomania and its treatment in children, and suggests coping strategies for families at home and in public situations. He also provides a guide to all the resources available, including internet sites, recommended books, and videos, and outlines ways to start a support group. The appendix will include questionnaires, clinical rating scales, and the official DSM diagnostic criteria for the disorder, so readers can decide if they need to seek behavioral and possibly medical treatment. Dr. Penzel has helped patients with OCD and trichotillomania for over twenty years and is one of America's leading authorities on these disorders. Drawing on decades of hands-on experience, he has produced the most complete and scientifically accurate handbook available on this disorder, a comforting guide packed with information to help people with trichotillomania get well and stay well.

Offers compassionate, practical information and help that can be found nowhere else.

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