



# The SHULMAN CENTER

For Compulsive Theft,  
Spending & Hoarding

## Greetings from The Shulman Center!

*The Shulman Center November 2015  
Compulsive Theft, Spending & Hoarding Newsletter  
Happy Thanksgiving!  
Don't Forget to Set Your Clocks Back 1 Hour Sunday at 2am*

### In This Issue

Featured Article  
Quotes of the Month  
Stats of the Month  
Person of the Month  
Book of the Month  
Film of the Month  
Here we go....  
2015 Events Calendar

**Serving People  
Since 1992!**

### Quotes of the Month

*When I started counting my blessings, my whole life turned around.--Willie Nelson*

*If you're really thankful, what do you do? You share. --W. Clement Stone*

*Be thankful for what you have and you'll end up having more. If you concentrate on what you don't have, you will never have enough. --Oprah*

### **PRE-HOLIDAY**

### **THERAPY TUNE-UPS AVAILABLE NOW!!!**

The holiday season can be the best of times or the worst of times. It's well-documented that relapses soar between November and January. Take preventative measures by scheduling a pre-holiday therapy tune-up to help ensure your holiday season is one to remember rather than one to forget.

**Contact us at: 248-358-8508 while space is still available.**

### *The Shulman Center on the move and in the news...*

**Sunday October 11, 2015**--Mr. Shulman appeared on Detroit TV News on a panel about gambling addiction, See: [Gambling](#)

**October 2015**--Mr. Shulman was quoted about shopping addiction in four recent articles in the Las Vegas Sun, Dr. Oz's Online Good Life, Renew Magazine, and Chicago's "The Fix." He will also be featured in a forthcoming Redbook Magazine article.

**Friday October 30, 2015**--Mr. Shulman presents on cultivating honesty and integrity in our children at the Annual Michigan Association of School Social Workers conference in Lansing, MI. Must register.

**November 1, 2015**--The Cullman, Alabama Court Referral Program launches an 18-24 hour court-ordered theft offender prevention program called S.T.E.P. as a pilot program for the entire state. Mr. Shulman recently consulted on developing the program.

Winfrey

*The roots of all goodness lie in the soil of appreciation for goodness.--Dalai Lama*

*In everyone's life, at some time, our inner fire goes out. It is then burst into flames by an encounter another human being. We should all be thankful for those people who rekindle our inner spirit.  
--Albert Schweitzer*

*I celebrated Thanksgiving in an old-fashioned way: I invited everyone in my neighborhood to my house, we had a great feast, and then I killed them and took their land. --  
Jon Stewart*

-----  
*The dark side of men is clear. Their mad exploitation of earth's resources, devaluation and humiliation of women and obsession with tribal warfare are undeniable. Genetic inheritance contributes to their obsessions, but also culture and environment...*

*We have defective mythologies that ignore masculine depth of feeling, assign man a place in the sky instead of earth, teach obedience to the wrong powers, and work to keep men boys. --  
Robert Bly*

**Sunday November 1, 2015**--New Fullerton, California C.A.S.A. meeting Sundays from 12:30pm - 2pm. Fullerton Alano Club 530 W. Commonwealth Avenue Fullerton, CA 92832. Call 714.992.0988 or 714-926-3855

**Monday November 9, 2015**--Mr. Shulman will present on understanding and treating hoarding disorder with emphasis on treatment from 9:00am - 3:30pm at Hope Network Education Center, 775--36th St. S.E. (Building 3) Grand Rapids, MI (6 CEU seminar \$99 registration, includes lunch). Must reserve.

**Tuesday November 10, 2015**--Mr. Shulman presents on understanding and treating compulsive shoplifting/employee theft, shopping/spending from 9:00am - 3:30pm at Hope Network Education Center, 775 36th St. S.E. (Building 3) Grand Rapids, MI (6 CEU seminar \$99 registration, includes lunch). Must reserve.

**Monday November 16, 2015**--Mr. Shulman presents on understanding and treating hoarding disorder at The Brighton, MI Public Library 7-8:30pm. Free.

**Thursday January 14, 2016**--Mr. Shulman presents on understanding and treating hoarding disorder at The Northville, MI Public Library 7-8:30pm. Free.

**Thursday March 10, 2015**--Mr. Shulman presents on hoarding disorder for Detroit Senior Service Coordinators at Hannan House in Detroit. 9:30-11:30am.

**Monday May 16, 2016**--Mr. Shulman presents on hoarding disorder at The Livonia, MI Public Library 7-8:30pm. Free

**Please Follow us on Twitter @terrenceshulman or @TheShulmanCenter and Facebook at The Shulman Center.**

If you're a therapist, please consider contacting us to enroll in our brief, affordable local or virtual training to become more proficient at assessing and treating compulsive stealing, spending & hoarding disorders. See: [Shulman Center Training](#)

***New Anaheim, California CASA meeting!***

***Sundays from 2:30pm - 4pm.***

***Anaheim Alano Club***

***202 W. Broadway***

*It is not enough to be busy. So are the ants. The question is: what are we busy about? -- Henry David Thoreau*

### Stats/Facts of the Month

*Americans will likely spend nearly \$7 billion on Halloween candy, decorations, costumes this year--down from a peak of \$8 billion in 2012 which was double that spent a decade ago. The average shopper spends \$75.-- National Retail Fed.*

*One in five Americans work out of their home. --The Complete Home Office, by Alvin Rosenbaum, 2015.*

*Midway through 2015, 62% of companies had twice as much debt as cash flow from their operations, up from 31% in the first quarter of 2006. And corporate debt is up by about \$1 trillion since the financial crisis. --JP Morgan Chase*

*A recent survey of noted economists put the chance of a U.S. recession in the next year at 15%--up from a steady 10% since 2013 --Bloomberg News*

*A recent survey found that 75% of habitual savers rate their health as excellent or good. Only 62% of those who*

**Anaheim, CA 92805**

**714-926-3855**

**714-535-0900**

### NOVEMBER RAIN

#### ***Practicing Gratitude Even for The "Bad Stuff"***

*by*

*Terry Shulman*

As the holiday season fast approaches, we may feel a mix of excitement and dread. Stressful thoughts of family gatherings, crowded stores, high expectations, blown budgets, and hangovers of various kinds. We may need to make requests, ask for help, set boundaries, say "no," or even avoid certain people and situations altogether. It's vital we stop and take some time to dig deep and stand firm: we can largely create our own holiday experiences.

All holidays offer us an opportunity to slow down (most of us speed up!) to reflect on the spirit of each holiday, find ways to be creative, gather with those we love and who love us, and celebrate life through rituals that, hopefully, live and breathe rather than feel mechanical. And, of course, all holidays offer us a chance to feel grateful for something... we don't have to wait until late November to do so.

True, deep gratitude may seem elusive to us. It certainly is easier to complain, feel lack, and focus on what we don't like about our lives and life in general. For many of us, there are real challenges in our families and in the world that make it hard for us to feel anything but gloom and doom. It may be hard enough to shift our attention to the good, the holy, the miraculous in even the mundane. Yet, this is what we are called to do. Keep it simple.

It's certainly challenging to find the gift and the gratitude in our struggles, our loved ones' struggles, and in the world's struggles. But we are called to do this. Nearly everyone of us have experienced weathering a storm or crisis and been grateful not merely to have survived but to have opened up and been transformed in some way that has positively enhanced our life; be it new appreciation, new wisdom, new spirituality. It's even harder to be grateful in the midst of the storm or crisis.

I don't know where I'd be without my childhood struggles; as painful as it was, it led me to become a codependent and a

do not regularly save report the same. 77% of the savers said they expect to have a comfortable retirement compared to just 49% of the non-savers.--  
*Aegon Global Finance*

*YouTube has rolled out Google Shopping Ads which are designed to turn YouTube video into a digital storefront. Views for product videos have increased 40% in the past year, and about 20% of 18- to 24-year olds say they go to YouTube when deciding what to buy.--CNBC.com*

*62% of personal U.S. bankruptcies are caused by medical crises, most often by cancer. --Foundations for Families*

### Person of the Month

#### HILLARY CLINTON

Whatever you think of Hillary Clinton, it's hard to deny that she has had a couple of good weeks politically. Most thought she won the first democratic debate, that she withstood an 11-hour grilling by the Benghazi Committee, and Vice President Joe Biden announced he wouldn't be running for president.

I tend to admire tough people who can withstand all kinds of criticisms and attacks and maintain their cool. I aspire to be this way

shoplifting addict which, in turn, led me to recovery and, eventually, becoming a therapist and being of service to many people.

Angelina Jolie, the noted actress, who may seem to have the perfect life (beauty, fame, talent, wealth and Brad Pitt to boot!) recently spoke publicly of her decision to have her ovaries and breasts removed as a preventative measure against cancer. In an interview with *Elle* magazine, she said she believes in the old saying, "What does not kill you makes you stronger. We gain strength and maturity by overcoming difficulties. Our experiences, good and bad, make us who we are."

It's more than a coincidence that she recently directed the film *Unbroken* which documents the fight for survival of Louis Zamperini, the American Olympic runner who survived on a raft for 47 days before being captured and becoming a prisoner of war in Japan during WWII. Jolie said Zamperini's story is about the capacity of regular men and women to rise above adversity and serves as a reminder to never give up.

It is the quote used by many to bolster resilience in the face of adversity. But the words "what does not kill me, makes me stronger," by the German philosopher Friedrich Nietzsche, could have scientific merit too, according to research.

Dr. Mark Seery of the University of Buffalo--along with other researchers, found in one study, that although people who experienced lots of adversity were generally more distressed than others, those who had experienced no traumatic events in their lives had similar psychological problems. The people with the best outcomes were those who had experienced some negative events in their lives. "Just because something bad has happened to someone doesn't mean they're doomed to be damaged from that point on," he said.

Another study found that people with chronic back pain were able to get around better if they had experienced some serious adversity, whereas those who had suffered either large amounts of adversity, or none at all, were more impaired in life. It's been theorized that one possibility for this pattern was that people who have been through traumatic experiences have had the opportunity to develop their coping mechanisms more acutely.

Dr. Seery said: "The idea is that negative life experiences can toughen people, making them better able to manage subsequent difficulties. People who have gone through stressful events may have stronger social networks than others, as they have learnt how to get help from others when they need it. I really look at this

but have a long way to go. Like President Obama, Clinton--while not perfect--looks to have a steady and patient hand. She's criticized for being too deliberate and too calculated (and also less than honest). But whose finger would you want on the trigger, the button? Someone rash, brash and emotionally volatile? I would not want that.

When I vote for politicians I'm looking for maturity, inner strength, intelligence, and a relative emotional equilibrium--just as I'd look for that in a parent or any leader. Hillary Clinton seems to have more of these qualities than most. Former president Bill Clinton--with all his flaws--also possessed many of his wife's better qualities. And wouldn't it be nice to not have to worry about presidential infidelity dramas (we may not be able to say the same for the "first-husband."

Finally, I wouldn't want a woman president just for the sake of breaking the gender thresh hold, but it would be a remarkable sign of progress given that most other western countries have had women heads of state.

I hope we elect adults to public office and that the children stop trying to run the country. But this would require that we, our voters, may

as being a silver lining," he added.

---

### MORE ON GRATITUDE

*Excerpted from articles by Robert Emmons and Tami Gaines*

*If the only prayer you say in your life is 'thank you' that would suffice. - Meister Eckhart*

What is "gratitude"? Gratitude has many definitions but how about this: simply living from a place of thankfulness - that acknowledging everything you receive as a small miracle. It means shifting your focus from what your life lacks to the abundance that's already present.

Research shows that gratitude heightens your quality of life. Quality of life is one reason to live from a place of gratitude, particularly in the face of adversity; it's the difference between being a hero and being a victim.

In the aftermath of extraordinary hardship or cruelty, some people are able to express deep gratitude. Others are left with bitterness. You wonder "why me?" and sometimes the silence of the universe is deafening. Sometimes there are no answers. Just lessons to be learned. This is where acceptance comes in. Can we accept the world, your world, whatever and however it is? The pain strips away layers of protection until you are left standing naked and alone. We can find a way to be with it, not against it, without anger or resentment. This is when we begin to touch our humanity. And, for that, we are, in time profoundly and deeply grateful.

Be thankful that you don't already have everything you desire. If you did, what would be there to look forward to?

Be thankful when you don't know something for it gives you the opportunity to learn.

Be thankful for the difficult times, for during those times you grow.

Be thankful for your limitations because they give you opportunities for improvement.

Be thankful for each new challenge because it will build your strength and character.



need to grow up, too.

Book of the Month:

**Strangers  
Drowning:**

**Living by Drastic  
Choices and Extreme  
Ethical Commitment**

by

*Larissa MacFarquhar  
(Penguin Press, 2015)*

*From Goodreads.com*

How far do you really go to "do unto others"? Renowned New Yorker journalist reveals the individuals who devote themselves fully to bettering the lives of strangers, even when it comes to great personal cost.

There are those of us who help and those who live to help. In this book, the author digs deep into the psychological roots and existential dilemmas motivating those rare individuals practicing lives of extreme ethical commitment: the donor who offers up her kidney to a complete stranger; the activist who abandons all his possessions to devote himself to the cause; the foster parent who adopts dozens of children.

Such do-gooders inspire us but also force us to question deep-seated notions about what it means to

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary. Because it means you've made a difference.

Don't get me wrong. I am not suggesting that gratitude will come easily or naturally in a crisis. It's easy to feel grateful for the good things. No one "feels" grateful that he or she has lost a job or a home or good health or has taken a devastating hit on his or her retirement portfolio.

But it is vital to make a distinction between feeling grateful and being grateful. We don't have total control over our emotions. We cannot easily will ourselves to feel grateful, less depressed, or happy. Feelings follow from the way we look at the world, thoughts we have about the way things are, the way things should be, and the distance between these two points.

But being grateful is a choice, a prevailing attitude that endures and is relatively immune to the gains and losses that flow in and out of our lives. When disaster strikes, gratitude provides a perspective from which we can view life in its entirety and not be overwhelmed by temporary circumstances. Yes, this perspective is hard to achieve, but it is worth the effort.

How Can Living a Life of Gratitude Make You Happy?

Because it reminds you of the positive things in your life.

Because it turns bad things into good things.

Because it reminds us of what's important

Because it reminds us to thank others

How do you live a life of gratitude?

\*Never compare. Never compare your struggles and experiences to anyone else. Every person is on their own path, creating their own world. Feel gratitude for your own uniqueness!

\*Start small. When things are tough, focus on the tiniest things to be grateful for. Challenge yourself to find the little joys and simple pleasures. Little things add up!

\*Meditate. Meditation can help you find more clarity and gain new perspective on what you truly hold as important.

\*Give thanks. Say thank you more! Find a quality you enjoy in each person you interact with - your friends, your co-workers, the

be human. How could these do-gooders value strangers as much as their own loved ones? What does it really take to live a life of extreme virtue? Might it mean making choices as heartbreaking as the one in the old philosophy problem: abandoning a single family member to drown so that two strangers might live?

If you or someone you know may suffer from co-dependency, this book is for you!

#### Film of the Month:

##### *Belief*

##### A 7-part TV Series on Oprah Winfrey Network

(October 2015)

Seven billion people, all searching for connection, meaning, and redemption. Oprah Winfrey presents a 7-night event, "Belief," a ground-breaking TV event exploring humankind's ongoing search to connect with something greater than ourselves.

Journeying to the far reaches of the world, and to places cameras have rarely been, "Belief" searches the origins of diverse faiths and the heart of what really matters. From the epic to the intimate webbed throughout each hour are stories of people on spiritual journeys, taking them

person who checks you out in the grocery store. Thank others for the little things they do even if you don't know them well.

### 7 SIGNS YOU MIGHT BE A SHOPAHOLIC

by

*Amy Capetta for Dr. Oz's "Good Life"*

(October 1, 2015)

"Shopping is cheaper than a psychiatrist." "Keep calm and go shopping." "I could give up shopping, but I'm not a quitter."

The cutesy shopping sayings go on and on and on. But there's a darker, more serious side to retail therapy. Shopping addiction is neither new nor uncommon: At least 6 percent of the American population - some 20 million people - are affected by compulsive buying disorder or compulsive shopping disorder. But it's been difficult to pin down what makes someone a shopping addict rather than just an overzealous consumer - until now.

Enter the Bergen Shopping Addiction Scale, a new way to measure shopping addiction, which was created by researchers at the University of Bergen in Norway. The researchers were also able to pinpoint who is most likely to be a shopaholic.

"It's still a little controversial because some people will think, 'Come on, you're labeling everything as an addiction. Aren't you just a superficial person or aren't you just a poor money manager?'" says **Terrence Shulman, MSW, founder and director of The Shulman Center**, which provides treatment for compulsive stealing, spending and hoarding disorders. "But yes, it's a big problem."

Shulman adds that there are usually underlying issues behind someone's ongoing need to shop 'till they drop. "The hallmark of the addiction is often driven by what we call core issues," he explains. "For instance, things that might have happened earlier in our lives that we're not dealing with, and shopping is our way of distracting ourselves or numbing the pain and escaping."

#### The Bergen Shopping Addiction Scale: Are You a Shopaholic?

The brand-new Bergen Shopping Addiction Scale has seven basic criteria to identify shopping addiction. Answer the seven statements below using the following scale: (0) Completely disagree, (1) Disagree, (2) Neither disagree nor agree, (3) Agree,

to sacred spaces.

My wife and I highly recommend this series. The cinematography is incredible and the peoples stories are amazing and inspiring.

Religion gets a bad name at times due to the actions of both individuals as well as the institutions themselves. And we can't ignore this.

Several recent surveys show that atheism and agnosticism are slowly on the rise; it's unlikely, however, that religion will cease to exist anytime soon.

Thus, it's important to consider the saying: "There will be peace when there is peace among the world's religions." Oprah's 7-part "Belief" series is a great step toward realizing his vision.

and (4) Completely agree:

- 1.You think about shopping/buying things all the time.
- 2.You shop/buy things in order to change your mood.
- 3.You shop/buy so much that it negatively affects your daily obligations (e.g., school and work).
- 4.You feel you have to shop/buy more and more to obtain the same satisfaction as before.
- 5.You have decided to shop/buy less, but have not been able to.
- 6.You feel bad if you for some reason are prevented from shopping/buying things.
- 7.You shop/buy so much that it has impaired your well-being.

Scoring is simple: Answering "agree" or "completely agree" on at least four of the statements suggests you have a shopping addiction.

#### Other Signs of Shopping Addiction

Shulman says there are other signs of shopping addiction he looks for, including how long and how often someone has been showing addictive shopping behavior "It can take a lot of your time and energy to shop, so you may be neglecting your relationships, your work and your hobbies," he says. "And I'd say about 90 percent of the time, there's some aspect of deception, hiding or secrecy," which could include lying about your spending habits, opening a secret credit card account or getting a secret PO Box where packages can be delivered.

Finally, Shulman suggests taking an honest assessment of the fallout from your actions. "The main thing we look at are the negative consequences and if the person continues to engage in this behavior," he explains. "Not all shopaholics create economic problems, but the great majority are going to have some financial stress, like they're going to have trouble paying the bills, be late in payments and find themselves in debt. And... the person with the shopping issue is usually reluctant to admit or to get help, which results in power and control issues."

If you are one of the millions who has the compulsive urge to shop and spend, Shulman points out that you're not alone. "It's actually a societal problem," he says. "Even when you look at our country - we are \$19 trillion in debt. We're having difficulties individually and collectively keeping within the perimeters and not spending more than we have. It has become a systemic and global phenomenon."



See: [Shopaholics](#)

## RETAILERS TO CLOSE ON THANKSGIVING/BLACK FRIDAY

*by*

*Hadley Malcolm, USA Today (10/27/15)*

Outdoor gear and sporting goods retailer REI is canceling Black Friday this year. No promotions, no hourly sales, no doorbusters, no waiting in line.

In an unprecedented move for the modern-day holiday shopping season, REI's 143 stores will be closed the day after Thanksgiving. The co-op business plans to launch a campaign Tuesday encouraging people to forgo shopping to spend time outside instead. With the hashtag #OptOutside, REI will ask people to share what they're doing on Black Friday on social media.

"Any retailer that hears this will be startled by the idea," says REI President and CEO Jerry Stritzke, who admits he was apprehensive about closing at first. "As a co-op ... we define success a little differently. It's much broader than just money. How effectively do we get people outside?"

The weekend of Thanksgiving has become an increasingly competitive game of one-upmanship as retailers move store openings earlier each year. Meanwhile other retailers, including Costco and Nordstrom, have shot back by refusing to open on Thanksgiving. But no one has forgone Black Friday, the symbolic start of the holiday season, altogether, says Ron Friedman, head of the retail and consumer products group at consulting firm Marcum LLP.

REI is hoping to convince consumers to start a new Black Friday tradition, one that doesn't involve buying anything. It has built a dedicated #OptOutside website with resources on local hiking trails. REI's campaign was built with its employees and customers in mind - the company operates as a co-op, with roughly 5.5 million members who pay a one-time fee for a share of the business. Members contribute to at least 80% of REI's sales.

The decision to close on Black Friday is bold in an industry that has practically made the day a mandatory part of business, not only because customers demand it, but because the bottom line often does, too. The holiday shopping season is the biggest, and

most competitive, time of year for retailers, with Black Friday at the center of the hoopla.

Last year, 86.9 million people shopped on Black Friday, according to the National Retail Federation, and recent years have seen the typically one-day blowout sale bleed into the entire week, and promotions running through November and December as retailers try to keep consumers shopping. That trend has also cut into the sales Black Friday weekend normally brings in. The number of Black Friday shoppers last year fell from the year before, and the amount the average shopper spent over the entire weekend was down 6.4% from 2013, according to NRF.

See: [Gratitude Over Greed](#)

### LOVE and LOGIC PARENTING

*by The British Psychological Society (June 16, 2015)*

*While I don't have children, I was a child once. I even took on a parenting role to my two younger brothers due to various circumstances. I've always been fascinated by parenting and what makes for better, more effective parenting. It's been interesting watching my middle brother raise his son (my nephew) who just started high school and is about to turn 14. My brother recently stumbled upon the Love and Logic materials and began using some of their tools and strategies with good results. So, he invited me to take a local 6-week Love and Logic parenting class with him. It was very interesting! And the knowledge can be used even with adults and non-parenting relationships. I have a lot of counseling clients who are parents and usually report various stressors related to raising their kids. Here's some info about the Love and Logic program. I encourage you to check it out...*

Changing the lives of parents, teachers and kids... The Love and Logic approach is the original world leader in changing the lives of parents, teachers and kids through practical, effective and fun techniques. Over the past three decades, many have tried to imitate the Love and Logic approach. Trust the proven leader. Our classes are taught worldwide.

We are passionate about the real hope Love and Logic provides for parents and teachers. We are a family business guided by the belief that nothing is worthwhile if it doesn't improve lives. We provide a loving, balanced approach that is neither permissive nor punitive. We show adults how to discipline kids without losing their love and respect. We focus on helping children develop personal responsibility, self-control and good decision making skills. Unlike some approaches, we don't use complicated reward or

punishment systems only focused on short-term compliance. Instead, we focus on nurturing long-term relationships and reinforcing good character.

We stand behind our variety of user friendly products backed by world-class customer service. Our products are affordable and cover a broad range of ages and issues. A caring person will answer your call and provide helpful coaching. We stand behind our 100% life changing guarantee.

See: [Love & Logic Intro Video](#)

### **CHASING HAPPINESS MAY PUSH IT FURTHER AWAY!**

by  
*Mandie Oaklander*

*(Time Magazine, October 12, 2015)*

Americans now spend \$9.6 billion on self-help products every year, including scores of books whose titles all sound something like A Do-It-Yourself Prescription for Happiness or How to Be Happy, Dammit. But new research suggests that the more you go looking for happiness, the less likely you are to find it.

The latest indication comes from a study published in the Journal of Experimental Psychology: General. It measured how motivated college-age students were to find happiness vs. their actual levels of well-being (as assessed by commonly used measures). Common sense dictates that those most gung-ho about finding happiness would also be the ones with higher levels of well-being—and that's indeed what researchers found for students in Russia and East Asia. But for Americans, "desperately wanting to be happy is linked with lower psychological health," says study author Brett Ford, a doctoral candidate in psychology at the University of California, Berkeley.

The discrepancy seems to stem from the way different cultures view happiness. In collectivist societies like Japan, for example, happiness is seen as a social endeavor: spending time with friends, caring for parents, etc. This kind of social connection is integral to well-being, Ford says.

But in the U.S., happiness is often seen as an individual pursuit: chasing the best career, buying stuff and expecting all of that to lead to happiness. That sets up Americans for a lifetime of letdowns. "Most people live in a pretty neutral state," Ford says. "A happy life doesn't consist of happy moments every moment of the day."

The latest science has, however, turned up some new ways to help you feel better-and none of them involve chasing down happiness. Here, a sampling of the most effective tips.

See rest of article at: [Happiness](#)

---

---

### **SPOTLIGHTS:**

#### **Younique Wellness for Body, Mind and Spirit**

I've known Dr. Steven Fischer for about 5 years. He's both a friend and a colleague and has been a Ph.D psychologist in private practice for over 30 years. In the last decade, he has researched and integrated nutrition and mindfulness to his own life and to his patients and reaped powerful results. He recently launched a new business name and website. Here is a bit about this...

*Younique Wellness* is the result of 33 years of clinical experience and experimentation to create the ultimate in Mental Wellness. A passion for helping people heal from their emotional suffering led to the discovery that a combination of psychotherapy and nutrition yields the most powerful treatment possible. Whether you choose psychotherapy alone, or in combination with nutrition, you need to know that you are a unique human being and there is no one-size-fits-all. Ever!

See: <http://youniquewellness.net>

#### **Think Beyond Belief Publishing**

I've known one of my best friends, Kevin Lauderdale since 2000. Kevin is a 58-year old African-American man, actually, he's a modern "Renaissance Man." A divorced father of three bi-racial young adult sons, Kevin is a former drag racer, career coach, and federal employee. He is also a black belt in karate and karate instructor and a prostate cancer survivor since 2001.

Kevin is a man of heart and soul, a wealth of information, wisdom, and advice on a variety of subjects. He has a lot to say about rare, politics, sex, love, health and spirituality.

Kevin just recently completed the several e-books he's been working on for about 10 years, including on prostate cancer and sexuality for men; creating a vibrant a vibrant business; and

manuals for adult men and young men which present codes and guides for living lives of honor and integrity.

Please check out Kevin's websites to learn more about him and to receive free copies of some of his e-books...

See: <http://kevinalexzander.com> <http://zantimekoqwanzi.com>

### [Alabama Court Referral Program](#)

### [S.T.E.P.: Stop Theft Education Program](#)

Mr. Shulman began consulting with Cullman, Alabama Court Referral Program in creating an 18-24 hour court-ordered theft offender education program, scheduled to launch by the end of 2015 as a pilot program for the entire state.

See: [North Alabama Court Referral Programs](#)

### [unsteal.org](#)

[unsteal.org](#) is a non profit organization collecting retributive funds from past thefts and returning funds to retail merchants. Founded in October 2014, our official paperwork was filed earlier this year and the IRS recently approved our non-profit 501(c)(3) status.

### [History](#)

One day a repenting thief went to a department store to pay for a stolen perfume set he couldn't afford for his girlfriend's birthday 5 years prior. The cashier was startled by the apparent confession of a crime and desire to pay back in cash, risking prosecution depending on the statute of limitations and quantity. AWKWARD...

Many people have stolen an item from a retailer and would likely return the cost if there was a convenient way to do it instantly from a website or app. There is an amazing reward from retribution and unsteal.org is the website for the world to return anything stolen. We already own the domain name and launched it on a shared host server for the next 14 months. Please help us get started with the legal paperwork for the state and federal government and eventually change theft forever on a global scale! You are all beautiful people and even if you have pain and guilt, you can find moments to shine. Try this!

### [Vision](#)

The purpose of Unsteal is to offer retribution for any past theft by collecting money anonymously and returning it to the victims. Initially, we are using a website to host actual transactions, but we plan to launch a mobile app. for iTunes and Google Play by March

10, 2015. To ensure the safety of our users we're cooperating with retailers at a corporate level, along with local officials, to protect users from prosecution as a result of an Unsteal transaction. Similar to the police's "no questions asked" gun collection drives to reduce overall crime, we will gain support from law enforcement to give the public a chance to return something stolen without any fear of punishment. Please visit: [www.unsteal.org](http://www.unsteal.org)

### **New Blog and Book**

#### **For Shopaholics and Compulsive Shoppers**

##### ***Getting Out from Going Under***

Susan B. is a gratefully recovering member of Debtor's Anonymous (DA), abstinent one day at a time using the H.O.W. principles since April 25, 2009.

She has a wonderful website and blog for those recovering from compulsive shopping, spending, buying and debting. She also recently published (2015) one of the only 365 Daily Meditation books on financial sobriety. Please visit: [Financial Sobriety](#)

### **Psychologist Releases Text Messaging Program**

#### **For Shopaholics and Compulsive Shoppers**

Shopaholics and compulsive buyers have a new resource for help. New York psychologist, April Lane Benson, Ph.D., releases an innovative, interactive text-messaging program that directs, inspires, and motivates shopping addicts to stop overshopping. The program is tailored specifically to each participant's overshopping profile and it provides daily, personalized support when and where overshoppers and impulsive shoppers need it the most.

Text messaging is now being used to help people with a variety of physical and mental health issues, including diabetes self-management, weight loss, physical activity, smoking cessation, and diminished alcohol consumption. Although this area of research and practice is relatively new, there has been consistent evidence that text messaging interventions that use tailored messages and offer the user the opportunity to text the system for immediate support are the most successful. The Stopping Overshopping Text Messaging Program incorporates both of these features.

To learn more about The Stopping Overshopping Text Messaging Program, see: <http://www.shopaholicnomore.com/text-program/>

Please see: <http://www.shopaholicnomore.com/text-program>

### **Write on My Mind Mental Health Project**



Welcome to WriteOnMyMind.com-a safe place for the mind to speak. This website is part of a broader global initiative, The Surviving Suicide Project, a partnership of the National Alliance on Mental Illness of Collier County, Florida, USA, (NAMI-CC) and author Deena Baxter.

As Baxter explains, "After losing our youngest son to suicide in 2012 - death by mental illness - I felt like I was living through my own reality TV series of "Survivor". That reality launched me on a mission, a search for "Normal". I desperately needed some company and I was lucky to find the NAMI-CC. I am still searching and invite you to join me. For too long, the stigma of mental illness and impairment has kept it cloaked in darkness and denial. This places an additional burden on those who live with it every day, plus their family members and loved ones. Many of these adults, teens and children are seeking to live full, productive lives. They are successfully integrating their mental health challenges into their daily life but don't wish to be defined by them."

You have come to a place that gives mental illness a life-affirming voice-a virtual, global community where visitors can find helpful resources and be inspired by the many different ways the mind can speak-in words and in art. This website was inspired by the NAMI-CC Anything Goes: Art-From-The Heart Project that resulted in the artwork included in Baxter's book-*SURVIVING SUICIDE: Searching for "Normal" with Heartache and Humor.* Visual art can be a powerful communicator, beyond words. It can send a message if we are open to it, and it can heal. See: [www.writeonmymind.com](http://www.writeonmymind.com)

#### [Jack L. Hayes, International, Inc.](#)

Based out of Florida, Jack L. Hayes, International is a loss prevention and corporate consulting group that has been helping clients for over 30 years. Founded by Jack Hayes, who is now semi-retired (and who gave an in-depth interview about theft in my book "Cluttered Lives, Empty Souls"), the company is now headed up by long-time point-person, Mark R. Doyle.

Hayes International has clients around the world and is recognized for their Annual Jack Hayes Retail Theft Survey of large corporations. This survey tracks the prevalence and trends of shoplifting and employee theft and is widely cited (including by me). Hayes International also is known for their long-standing quarterly newsletter which has several articles about loss prevention and related issues. I've been honored to have had several articles included in their newsletter. Please see their website at: [www.hayesinternational.com](http://www.hayesinternational.com)

### "In Recovery" Magazine

There's a wonderful quarterly recovery magazine I want to let you know about. It's called "In Recovery." Founded 2 years ago by Kim Welsh, a recovering person herself, in Prescott, Arizona--home to many treatment centers and half-way houses, this magazine has something for everyone. I visited Kim in October 2013 and was honored to be invited to write a regular column about process/behavioral addictions--starting Spring 2014. The magazine is available at: [www.inrecoverymagazine.com](http://www.inrecoverymagazine.com)

### 3rd Millenium STOPLifting Online Education Course!

3rd Millenium Classrooms out of San Antonio, TX has been offering high-quality online education courses for alcohol, marijuana and shoplifting issues for many years now. I've been honored to help them fine-tune and update their shoplifting course which many are court-ordered to complete after an arrest.

3rd Millennium Classroom's STOPLifting is an online intervention course designed to assist shoplifters in examining and altering their attitudes and behaviors towards shoplifting. The course incorporates evidential examples and related follow-up questions to discover the student's motives behind shoplifting, reveal possible patterns in his or her behaviors, and identify potential triggers and ways to cope. Through STOPLifting's unique motivational interviewing style, students are encouraged to evaluate the personal consequences of shoplifting and how they affect the individual, his or her family and those around him or her. See: [www.3rdmiclassrooms.com](http://www.3rdmiclassrooms.com)

### Castlewood Eating Disorders Treatment Centers

I was privileged to tour Castlewood Treatment Center near St. Louis in August 2014 while in town for a conference. Castlewood also has centers in Birmingham, Alabama and in Monterey, California. They have been around for over a decade and have a great reputation and great staff. See: [www.castlewoodtc.com](http://www.castlewoodtc.com)

### Clutter-Hoarding National Clean-Up Services

See: <http://www.clutterhoardingcleanup.com/>

Honesty is its own reward.--*Anonymous*

*Walk in peace.*

---

### The Shulman Center 2014 Ongoing Resources

Ongoing ...

Since 2015, Mr. Shulman has been consulting with Cullman,

Alabama Court Referral Program in creating an 18-24 hour court-ordered theft offender education program, scheduled to launch by the end of 2015 as a pilot program for the entire state.

Since 2010, the Baton Rouge, Louisiana court system has run a court-ordered educational program for retail fraud offenders which is based on material from Mr. Shulman's book *Something for Nothing: Shoplifting Addiction and Recovery*.

Mr. Shulman created a 1-hour employee theft online course with 360 Training. Learn why people steal from their jobs, how to deter it, prevent it, and what to do when confronted with it. Enroll at: <http://theshulmancenter.360training.com>

Mr. Shulman created an online continuing education course on compulsive shopping and spending called Bought Out and Spent! based on his book and Power Point presentation. The course, CEs offered, through The American Psychotherapy Association. at: <http://www.americanpsychotherapy.com>

#### **"In Recovery" Magazine**

There's a wonderful relatively new quarterly recovery magazine I want to let you know about. It's called "In Recovery." Founded 2 years ago by Kim Welsh, a recovering person herself, in Prescott, Arizona--home to many treatment centers and half-way houses, this magazine has something for everyone. I visited Kim in October 2013 and was honored to be invited to write a regular column about process/behavioral addictions--starting Spring 2014. The magazine is available in hard copy as well as online at: [www.inrecoverymagazine.com](http://www.inrecoverymagazine.com)

#### **3rd Millenium STOPLifting Online Education Course!**

3rd Millenium Classrooms out of San Antonio, TX has been offering high-quality online education courses for alcohol, marijuana and shoplifting issues for many years now. I've been honored to help them fine-tune and update their shoplifting course which many are court-ordered to complete after an arrest. 3rd Millenium has partnered with Terrence Shulman and The Shulman Center on the course. [www.3rdmilclassrooms.com](http://www.3rdmilclassrooms.com)

---

#### **RESOURCES OF NOTE...**

##### **THE SHULMAN CENTER THERAPIST TRAINING PROGRAM!**

If you're a therapist and wish to be trained & certified in the assessment/treatment of compulsive theft, spending and/or hoarding, CONTACT THE SHULMAN CENTER NOW! See:

<http://www.theshulmancenter.com/counselor-training.html>

### **3rd MILLENIUM STOPLifing ONLINE EDUCATION COURSE!**

3rd Millenium Classrooms out of San Antonio, TX has been offering high-quality online education courses for alcohol, marijuana and shoplifting issues for many years now. I've been honored to help them fine-tune and update their shoplifting course which many are court-ordered to complete after an arrest. Please check out their courses at: [www.3rdmilclassrooms.com](http://www.3rdmilclassrooms.com)

### **IN RECOVERY MAGAZINE--PRESCOTT, ARIZONA**

There's a wonderful relatively new quarterly recovery magazine I want to let you know about. It's called "In Recovery." Founded 2 years ago by Kim Welsh, a recovering person herself, in Prescott, Arizona--home to many treatment centers and half-way houses, this magazine has something for everyone. I visited Kim in October 2013 and was honored to be invited to write a regular column about process/behavioral addictions--starting Spring 2014. The magazine is available in hard copy and online at: [www.inrecoverymagazine.com](http://www.inrecoverymagazine.com)

### **GET A BOOST with MONEY LIFE-COACHING**

Tom Lietaert of Sacred Odyssey and the Intimacy with Money programs offers individual money coaching as well as various group workshops on money. Check out Tom's two websites at: [www.sacredodyssey.com](http://www.sacredodyssey.com) / [www.intimacywithmoney.com](http://www.intimacywithmoney.com)

### **CONSULTING AND EDUCATION ON FRAUD**

Gary Zeune of Columbus, Ohio has been a friend and colleague of mine for nearly two years. He has been a consultant and teacher on fraud discovery and prevention for nearly 30 years. He is interviewed in my book Cluttered Lives, Empty Souls: Compulsive Theft, Spending & Hoarding. I recently saw Gary in action recently when he presented an all-day on fraud to metro-Detroit accountants. See: [www.theprosandthecons.com](http://www.theprosandthecons.com)

### **RECOVERING SHOPAHOLIC BLOG AND EDUCATION**

Debbie Roes is an educator and recovering shopaholic and offers a free insightful blog and e-Newsletter to help you. See: <http://www.recoveringshopaholic.com>

### **THE FLY LADY ASSISTS WITH CLEANING & DECLUTTERING**

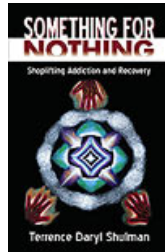
I recently was told about a website resource that lists strategies for cleaning and de-cluttering and sells various books and products that help with this; so, I'm passing it along... See: [www.flylady.net](http://www.flylady.net)

### **CASTLEWOOD EATING DISORDERS TREATMENT CENTERS**

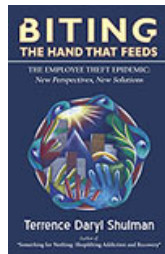
I was privileged to tour Castlewood Treatment Center near St. Louis in August 2014 while in town for a conference. Castlewood also has centers in Birmingham, Alabama and in Monterey, California. They have been around for over a decade and have a great reputation and great staff. See: [www.castlewoodtc.com](http://www.castlewoodtc.com)

**Mr. Shulman's books  
available for purchase now!**

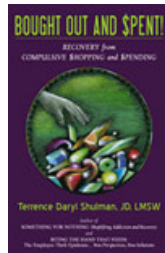
[Click here to shop amazon.com](#)



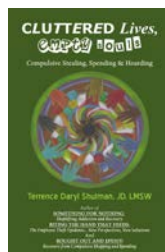
**Something for Nothing:  
Shoplifting Addiction and Recovery** (2003)  
See also:  
[www.somethingfornothingbook.com](http://www.somethingfornothingbook.com)



**Biting The Hand That Feeds:  
The Employee Theft Epidemic... New Perspectives,  
New Solutions** (2005)  
See also:  
[www.bitingthehandthatfeeds.com](http://www.bitingthehandthatfeeds.com)



**Bought Out and Spent!  
Recovery from Compulsive  
Shopping/Spending** (2008)  
See also:  
[www.boughtoutandspent.com](http://www.boughtoutandspent.com)



**Cluttered Lives, Empty Souls:  
Compulsive Stealing, Spending and Hoarding** (2011)  
See also:  
[www.clutteredlives.com](http://www.clutteredlives.com)

**Contact The Shulman Center:**

**Terrence Daryl Shulman, JD, LMSW, ACSW, CAADC, CPC**  
*Founder/Director,  
The Shulman Center for Compulsive Theft, Spending & Hoarding*

**P.O. Box 250008  
Franklin, Michigan 48025**

**E-mail: [terrenceshulman@theshulmancenter.com](mailto:terrenceshulman@theshulmancenter.com)**

**Call (248) 358-8508 for a free consultation!**

---

**Our Web Sites:**

[The Shulman Center](#)  
[Shoplifting Addictions](#)  
[Kleptomaniacs Anonymous](#)  
[Something For Nothing](#)  
[Shopping Addictions](#)  
[Shopaholics Anonymous](#)  
[Bought Out and Spent](#)  
[Employee Theft Solutions](#)  
[Biting the Hand that Feeds](#)  
[Hoarding Therapy](#)  
[Hoarders Anonymous](#)  
[Terrence Shulman](#)

**Books by Terrence Shulman:**

[Something for Nothing: Shoplifting Addiction and Recovery](#)  
[Biting The Hand That Feeds: The Employee Theft Epidemic](#)  
[Bought Out and Spent! Recovery from Compulsive Shopping and Spending](#)  
[Cluttered Lives Empty Souls: Compulsive Stealing, Spending and Hoarding](#)

**All book are available for \$25.00 each (includes shipping and handling).**

[Click here to purchase](#)