



The SHULMAN CENTER For Compulsive Theft,
Spending & Hoarding

The Shulman Center September 2016 Monthly e-Newsletter

Happy Labor Day and Start of Autumn!

Welcome to our new, streamlined, smartphone-friendly monthly e-Newsletter. Our message is brief, friendly, and to the point. We are in our 16th year of our e-Newsletter and currently have over 2,500 subscribers. Thanks for your continued interest!



Remembering the 15th Anniversary of the 9/11/01 Attacks

If you or a loved one is looking to make positive changes in life, please consider contacting us at **248-358-8508** for a free consultation. It might be the best call you've made in a while. Please also inquire about our therapist training/certification program.

UPCOMING SEMINARS, WORKSHOPS & PRESENTATIONS of INTEREST

--Mr. Shulman presents on understanding and treating hoarding disorder at The Farmington, Michigan Public Library 7-8:30pm. Free.

Thursday September 8, 2016

Tuesday September 20, 2016

--Mr. Shulman presents on understanding and treating hoarding disorder at The Rochester, Michigan Public Library 7-8:30pm.

Thursday September 22, 2016--Mr. Shulman presents on the connection between traumatic brain injuries and hoarding and obsessive-compulsive disorders at the Brain Injury Association of Michigan Annual Conference in Lansing, MI. Registration required.

Thursday September 29, 2016--Mr. Shulman presents on understanding and treating hoarding disorder at The Interfaith Volunteer Caregivers in Troy, MI 1-2pm. Free.

Monday October 3, 2016--Mr. Shulman presents on understanding and treating compulsive stealing, spending and hoarding The 5th International Conference on Addiction Research and Therapy in Atlanta, Georgia. See

<http://addictiontherapy.conferenceseries.com/>

Thursday October 6, 2016--Mr. Shulman presents on understanding and treating hoarding disorder at The Franklin, MI Public Library 7-8:30pm. Free.

Monday October 17, 2016--Wednesday October 19, 2016--Mr. Shulman presents on understanding and treating compulsive shopping/spending at the 6th Lifestyle Intervention Conference in Las Vegas, Nevada. Registration required.

Mr. Shulman to present for Core Learning, Inc. at Jewish Family Services in West Bloomfield, MI:
Friday, November 4th from 10am-2:30pm compulsive hoarding (4 CEUs hours) \$75 call for info
Friday, November 18th from 10am-2:30pm compulsive spending/shopping/shoplifting (4 CEU hours) \$100 (includes lunch) call for registration info
Friday, December 2nd from 9am-3:30pm everyday ethics (6 CEU hours) \$75 call for info

Monday November 14, 2016--Mr. Shulman presents on understanding and treating hoarding disorder at The Leonard/Addison Township, MI Public Library 7-8:30pm. Free.

Wednesday November 16, 2016--Mr. Shulman presents: "The Best of Times or The Worst of Times? Coping with Holiday Season Stress and Addictive Behaviors" at The Dexter, Michigan District Library. 6:30-8pm. Free but registration recommended.

Tuesday February 21, 2017--Mr. Shulman presents on understanding and treating hoarding disorder at The Howell., MI Public Library 7-8:30pm. Free.

Facts, Stats, Quotes & More!

*If you look around, complacency is the great disease of your autumn years,
and I work hard to prevent that. -- Nick Cave*

*We cling to our point of view as if everything depended on it.
Yet, our opinions have no permanence; like autumn and winter.
they gradually pass away. -- Zhuangzi*

*The spring, summer is quite a hectic time for people in their lives,
but then it comes to autumn, and to winter, and you can't but help
think back to the year it was, and then hopefully look forward
to the year that is approaching. -- Enya*

*When autumn darkness falls, what we will remember are
the small acts of kindness: a cake, a hug, an invitation to talk,
and every single rose. These are all expressions of a nation
coming together and caring about its people. -- Jens Stoltenberg*

*This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out*

*for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.
--Rumi*

*Nearly \$14 billion is estimated to be paid in overdraft fees a year
by customers at big institutions.*

*Center for Responsible Lending says low-income families
are hit particularly hard by overdraft fees.*

*About half of Americans who work 50-plus hours a week
say they don't take all or most of the vacation time they've earned,
a new poll found. Of those who do take vacations, 30% say they
do a significant amount of work while on holiday.*

*The average American employee spends 34 minutes per day not working,
according to the self-reported American Time-Use Survey.*

*About 13 million Americans have a checking, savings, or credit card account
that they keep secret from their spouse or live-in partner, according to a
survey by CreditCards.com*

*More than 1 billion young people will enter the global labor market
over the next decade, and only 40 percent will be working in jobs that
currently exist, according to estimates by The World Bank.*

Great New Podcast by Samson Shulman!
Interviews with up 'n coming trailblazers
and their ups 'n downs along their way
<http://www.hustlesanctuary.com/>

Online Course For Shoplifters Helps Them Understand and Stop Stealing
<http://web.3rdmilclassrooms.com/courses/court/stoplifting#section-top>

New Film Highlights Suicide Prevention!
The New Documentary Film "Death Is Not The Answer"
Written, Directed and Produced by Keith Famie
<http://deathisnottheanswer.com/>

New Book Outlines The Wonders of A Minimalist Lifestyle
The More of Less by Joshua Becker
www.becomingminimalist.com

Check out new video clips entitled:
"Confessions of a Repenting Thief"
<https://www.youtube.com/watch?v=ZEY1tLl0QY>
www.unsteal.org

Monthly Articles of Interest

Click on blue hyperlinks to view full articles

[The Disease of Being Busy](#)

Are You Afflicted, Too?

[Confessions of A Repenting Thief \(#10\)](#)

Terry Shulman & Pawel Gwizdala featured in new 3-minute video for [Unsteal.org](#)

[Is There A Hoarder in The House?](#)

Recent Chicago Med TV Show Featured A Hoarder Trapped in His House

[Living in Hell with a Hoarder!](#)

Woman Shares Her Experience Living With Her Hoarding Husband

[A Good Time To Get Outta The Game!](#)

Stores Using GPS Tracking Devices in Products to Nab Shoplifters!

[Can't Remember When You Balanced Your Checkbook? You're Not Alone!](#)

But Now's The Time to Learn As Banks and Credit Cards Impose New Rules

[Your Big Brother \(and Big Sister\) Are Watching You!](#)

Another Case Where Police Turn To Social Media to Identify & Nab Shoplifters!

[How To Escape The Bad Money Habits You Picked Up From Your Parents](#)

Wake Up and Don't Blame Them! It's Time to Take Charge!

[Who's Zooming Who?](#)

Trump's Campaign Spokeswoman's History of Shoplifting / Unemployment Fraud

[Parents Binge on Back-to-School Shopping Sprees!](#)

In Buying Kids Everything, What Are We Teaching Them?

[U-Scans Tempting More Customers Into Shoplifting!](#)

Scamming the U-Scan Isn't As Easy As It Seems!

[Parents: \\$hop \\$marter, Not Harder!](#)

15 Ways To Cut Down On Back-to-School Spending

[More Top Retailers Closing Stores This Year!](#)

Profits Way Down Due to Increase in Theft and e-Commerce!

[Walmart Stores See Increase in Shoplifting](#)

And Employ In-House Program To Give Shoplifters a Second Chance

[I Can't Stop Shopping 50 Minute Internet Radio Interview](#)

Terry Shulman Joins Host Susan B. In Lively Discussion

[Amazon, You Call This "Prime" Service?](#)

Retailer Tries Removing Bargain Prices to Prompt Buyers to Spend More!

[Would You Turn That Grandmother In?](#)

Popular "What Would You Do?" TV Show Sets Up Fake Shoplifting Episodes.

This Month's
Featured Articles
by
Terrence Shulman

Embracing The Season of Change

by
Terrence Shulman

Change is ever-present, yet fall/autumn is known as the season of change. In about two months we will have an election and there will be dramatic change no matter what. Some of us are anxious about change, some of us are looking forward to change. Some of us may feel--that the more things change, the more they stay the same."

We've all heard the famous saying: "the only thing that's certain is change." While most of us know this, most of us still don't like it and have trouble accepting change. I include myself! Change can feel particularly jarring when it seems to arrive not of our own conscious choices. Change can be frightening when we have to change our beliefs as well as our actual modes of operating. Real change can feel like death: death of our former selves. We need new paradigms for meeting change--individually and collectively--if we are to evolve.

We may have to change our ways of "doing business as usual"--in our actual businesses as well as in our relationships, managing our health, and in other dimensions of our lives. From a place of deep acceptance, from a total alignment with the way things are, grounded in love, rooted in the undulating breath. We have a tendency toward complacency and settling back into old routines, whether this is the case with addiction relapses or old ways of thinking. Even the word "fall" as in "autumn" conjures not only the image of falling leaves but, perhaps, of allowing ourselves to fall, or surrender, in order to rise, move forward, and grow. So, as we enter the fall season--the season of change--we may either be resisting change or hoping and praying for change. Or maybe a little of both. As summer fades and we naturally begin to turn inward with the fading temperatures, we might as well embrace or allow ourselves to "fall forward" into transformation. After all, life is calling us forward.... not backward.

We have a tendency toward complacency and settling back into old routines, whether this is the case with addiction relapses or old ways of thinking. As we approach the 15th anniversary of the September 11th terrorist attacks, we might recall how--for a short period of time--we felt that event "changed everything." Yet, I suspect for most of us, life eventually went on and we returned to the more trivial, mundane and essential concerns of our own particular lives.

We may either be resisting change or hoping and praying for change. Or maybe a little of both. As summer fades and we naturally begin to turn inward with the fading temperatures, we might as well allow ourselves to "fall forward" into transformation.

In Neale Donald Walsch's book *When Everything Changes, Change Everything (2009)* Walsch talks about how change can feel threatening to our very notions of safety and security. However, change is also inevitable ("the only thing that is certain is change"). Change is how we grow. The only question is whether we evolve or regress. Sometimes it seems we need to regress before we evolve.

Walsch defines change this way: "Change is the shifting of any circumstance, situation, or condition,

physical or non-physical, in such a way that the original is rendered not merely different from what it was, but altered so radically as to make it utterly unrecognizable and impossible to return to anything resembling its former state."

Does this resonate with you? Real change can, indeed, feel like death: death of the former self.

Eckhart Tolle, in his books *The Power of Now* and *A New Earth*, uses the term "pain-body" to describe "a negative energy field that occupies your body and mind... and which has two modes: active and dormant." The pain-body can be activated through stressful times, "in intimate relationships, or situations linked with past loss or abandonment, physical or emotional hurt, and so on... The pain-body wants to survive, just like every other entity in existence, and it can only survive if it gets you to unconsciously identify with it. It can then rise up, take you over, 'become you,' and live through you... Pain can only feed upon pain. Pain cannot feed on joy... You are not conscious of this, of course, and will vehemently deny that you want pain."

Tolle goes on to speak about how to approach dissolving or transmuting the pain-body. He states we can only do so by acknowledging its existence and by continuing to observe it and have compassion for it. This is true when we are dealing with addictions which are akin to pain-bodies themselves as they wrap themselves around us and trap us in fear and distorted thinking which leads to the relative inability to step out of our dramas to see the truth of who we really are and the options and choices we have. Indeed, the word addiction comes from a Latin word meaning "to imprison."

Speaking of prison, one of the most dramatic ways in which we imprison ourselves is through living secret lives. Therefore, one of the most dramatic ways we can find new freedom may be to take a risk by sharing intimately with someone something we have previously kept secret. As author Brene Brown reminds us: "vulnerability is actually strength"--not usually how we think or operate.

In my counseling work with clients as well as in my own participation in recovery self-help groups, I regularly witness the struggle people have in "coming clean" about their history of stealing and/or overspending. I have been there myself. I just learned that a friend in longtime recovery still hasn't told her spouse about her addiction history. While it is certainly her choice, I can only imagine the pain, fear, and shame she holds closely inside of her.

I recently counseled a married couple in coming "out of the shadows" and revealing the extent of their secret lives with their respective spouses. It was both frightening and liberating to them. They each expressed relief at feeling a load off their shoulders--and real change and transformation became possible. One of my favorite sayings is "we're only as sick as our secrets."

So, in what ways do you feel change beckoning you? Health? Finances? Employment? Relationships? Moving? New projects or goals? Remember: we can delay or resist change--which just results in stagnation. Or we can do our best to welcome it and know that change is inevitable and is how we truly grow.

C.A.S.A. Celebrates 24th Anniversary This Month!

I'm proud to announce the upcoming 24-year anniversary of the C.A.S.A. (Cleptomaniacs And Shoplifters Anonymous) self-help group and the 16-year anniversary of the CASA-online self-help group (reformatted in 2003 but started in late 2000). Our metro-Detroit area group, which I founded in 1992, appears to be the oldest ongoing self-help group of its kind. C.A.S.A. has seven metro-Detroit area chapters, 3 chapters which meet weekly by phone, as well as 15 local groups throughout the U.S.

We have a way to go before we have self-help groups in every state, let alone every major city, but we continue to hold the vision for this. If you are interested in either starting a local meeting chapter or contributing in some way to assisting this process, we invite you to read the books *Something for*

Nothing and Biting The Hand That Feeds and to contact us by e-mail or phone.

See www.kleptomaniacsanonymous.com/support.htm for information about self-help group meetings.

9/11--15 Years Later: Remembering The Fallen, Remembering Ourselves

Where were you the morning of Tuesday September 11, 2001? Like me and most of us, I bet that's a date and time few of us will forget. I was on the tail-end of a very difficult period of transition in my life. Earlier that year, I'd quit my job as the director of a counseling clinic to finish writing my first book "Something for Nothing: Shoplifting Addiction and Recovery" and to launch my own private practice. By mid-2011, I was broke and having panic attacks, wondering what would become of my hopes and dreams. Fortunately, I had returned to therapy and had reestablished some semblance of peace and stability when those planes hit those towers. I was working at the counseling clinic I had left and come back to. I can only imagine what those clients in early treatment and recovery must have felt as we turned on the TV and watched in shock what unfolded.

In those few hours, life as we knew it changed. Pearl Harbor must have been a shock but the attack on 9/11 was even more shocking. And as the 15th anniversary approaches, I feel called to remember the fallen--those 3,000 souls who died in the attacks as well as the family and friends of those fallen. I weep for our nation, I weep for our world. 15+ years into the 21st century, we still experience such violence and counter-violence. A reign of terror and a war on terror over the last 15 years have claimed scores of lives and left untold trauma on us all. Now, here we are--on the verge of choosing a new president--politics as ugly and polarized as ever. Here we are... wondering if we'll be attacked again and, if so, how badly. We lost more than lives on 9/11, we lost a part of our soul. We came together for a short time and, I suspect, we'll do so again to mark the 15th Anniversary; yet, it seems we have also met the enemy and it is us. We are in a sort of Civil War among ourselves in our politics and in our souls.

May we remember the fallen... and that includes us all.

Ryan Lochte, Anthony Weiner, Chris Brown and Other Sad Souls

Is it me or does it seem like people are finding it harder and harder to change and do the right thing, be honest, and act mature? Even our two major political candidates, Hillary Clinton and Donald Trump, have the lowest approval and likability ratings of any major candidates since records have been kept. Recently, Ryan Lochte--the young U.S. gold medal swimmer--found himself toppled from the Wheaties box and multi-million dollar endorsements due to his inexplicable fabrication about being robbed in Brazil. He claimed he was very drunk and tried to cover up his vandalism of a gas station restroom. Thankfully, no other athletes acted in such an immature and self-defeating manner. Of course, he did an apology tour and has now landed on the upcoming *Dancing with The Stars* show where, likely, he will be given a second chance to regain public approval (and lucrative endorsements).

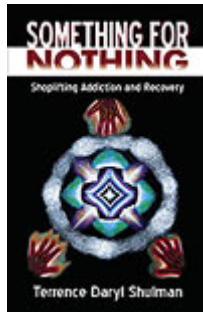
Anthony Weiner, disgraced former New York congressman, recently was reported to have "relapsed" into more sexting behavior (even with his young son in tow) while his wife, Huma Abedin--who'd stuck with him despite several prior high-profile embarrassments, is in line to become the first mate of a potential president of the United States. She did announce publicly that she was separating from him. I truly hope Wiener gets his life together--if nothing more than for his son.

And here comes another Chris Brown report that he recently was arrested after pointing a handgun in the face of another person during a quarrel. So much for anger management progress. Rhianna, watch out!

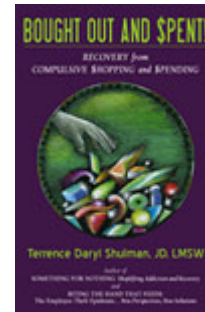
Where are the adults in the world? We seem to be living in an increasingly impulsive and reactionary world. Where are our role models? Where are our heroes? Perhaps we have to become them ourselves.

Books by Terrence Shulman

[Click here to order!](#)

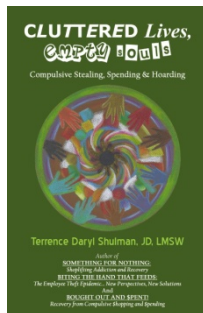


SOMETHING FOR NOTHING:
Shoplifting Addiction & Recovery



BOUGHT OUT AND SPENT!
Compulsive Shopping and Spending

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CLUTTERED LIVES, EMPTY SOULS
Compulsive Stealing, Spending Hoarding



BITING THE HAND THAT FEEDS
The Employee Theft Epidemic

SPOTLIGHTS

OTHER ASSOCIATES ARE DOING GREAT WORK, TOO!

Younique Wellness for Body, Mind and Spirit
<http://youniquewellness.net>

Think Beyond Belief Publishing
<http://kevinalexzander.com>
<http://zantimekoqwanzi.com>

Joshua Becker: Minimalist Activist and Author
<http://www.becomingminimalist.com>

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

3rd Millenium STOPLifting Online Education Course
www.3rdmilclassrooms.com

[UnSTEAL.org--A Non-Profit Corporation](http://unsteal.org)
<http://unsteal.org>

[Getting Out From Going Under \(Debt\)](http://gettingoutfromgoingunder.com)
<http://gettingoutfromgoingunder.com>

[April Benson, PhD and Stopping Overshopping](http://www.shopaholicnomore.com/text-program)
<http://www.shopaholicnomore.com/text-program>

[Surviving Suicide with Heart and Humor](http://writeonmymind.com)
<http://writeonmymind.com>

[Jack L. Hayes, International, Inc. Loss Prevention](http://hayesinternational.com)
<http://hayesinternational.com>

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