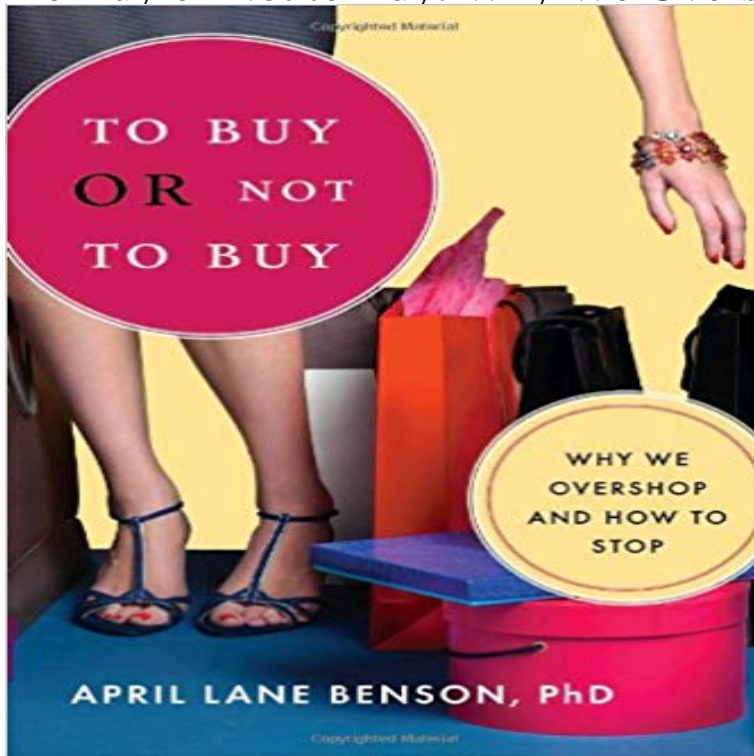


## To Buy or Not to Buy: Why We Overshop and How to Stop



Are you a shopaholic? Do you use shopping as a quick fix for the blues? Do you often buy things that you don't need or can't afford? Do your buying binges leave you feeling anxious or guilty? Is your shopping behavior hurting your relationships? Have you tried to stop but been unable to? If so, you are not alone. Nearly 18 million Americans are problem shoppers, unable to break the buying habits that lead them into debt, damaged relationships, and depression. If this describes you, or someone you care about, the help you need is here. Drawing on recent research and on decades of working with overs shoppers, Dr. April Benson brings together key insights with practical strategies in a powerful program to help you stop overs shopping. As you progress through this book, you'll take back control of your shopping and spending and create a richer, more meaningful and satisfying life. To learn more about the author, visit her website: [www.stoppingovershopping.com](http://www.stoppingovershopping.com)

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

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