

Get Out of Compulsive Shopping

-step Into Your Free Life

INNER
GLOW
&
MONEY
FLOW
Chris Baric



Get Out of Compulsive Shopping

-step Into Your Free Life

DO YOU FEEL LIKE YOUR SHOPPING
HABITS ARE GETTING OUT OF
CONTROL?

HAVE YOU TRIED OVER AND OVER
AGAIN TO STOP, BUT THAT URGE TO
BUY JUST KEEPS COMING BACK SO
STRONG THAT YOU FEEL COMPLETELY
LOST?

MAYBE YOUR BODY HAS ALREADY
STARTED REACTING HIGH BLOOD
PRESSURE, SLEEPLESS NIGHTS,
STOMACH PROBLEMS, OR OTHER
PHYSICAL SYMPTOMS.

LET ME TELL YOU SOMETHING: NOW
IS THE TIME TO TAKE ACTION.
BECAUSE IF YOU DON'T, IT WILL ONLY
GET WORSE AND CAN EVENTUALLY
LEAD TO SERIOUS HEALTH ISSUES.

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AS SOMEONE WHO WAS TRAPPED IN
THE CYCLE OF COMPULSIVE SHOPPING
FOR YEARS,

I KNOW EXACTLY HOW IT FEELS TO BE
RULED BY THAT CONSTANT,
OVERWHELMING URGE TO BUY.

THERE IS A WAY OUT.
AND IT BEGINS WITH ONE SIMPLE
DECISION:
THE DECISION TO TAKE BACK
CONTROL OF YOUR LIFE.

IN THIS E-BOOK, I'LL SHOW YOU HOW
TO UNDERSTAND THE ROOT CAUSES OF
YOUR SHOPPING ADDICTION AND
HOW TO CREATE LASTING CHANGE
WITH SMALL BUT POWERFUL STEPS.



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Chapter 1:

What Is Compulsive Shopping?

COMPULSIVE SHOPPING, SOMETIMES CALLED "SHOPPING ADDICTION" OR "CONSUMERISM ADDICTION,"

IS A BEHAVIORAL PATTERN WHERE THE ACT OF BUYING BECOMES OBSESSIVE AND STARTS INTERFERING WITH EVERYDAY LIFE.

(I CALL IT A TRAUMA -
THE WORD "TRAUMA" COMES FROM GREEK
AND MEANS "WOUND.")

IT OFTEN BEGINS HARMLESSLY BUT THE URGE TO BUY GROWS STRONGER AND STRONGER OVER TIME.

PURCHASES ARE NO LONGER MADE OUT OF JOY OR NECESSITY,

BUT AS A WAY TO FILL AN EMOTIONAL VOID A QUICK FIX TO NUMB FEELINGS LIKE STRESS, SADNESS, OR EMPTINESS.

The Signs of Compulsive Shopping!

-YOU FEEL THE URGE TO SHOP REPEATEDLY, EVEN WHEN YOU DON'T NEED ANYTHING.

-YOU TRY TO HIDE OR EXPLAIN AWAY YOUR SHOPPING BEHAVIOR.


-AFTER A PURCHASE, YOU FEEL A QUICK RUSH OF HAPPINESS, BUT IT DOESN'T LAST.

-YOU FEEL GUILTY OR ASHAMED ONCE YOU'VE BOUGHT SOMETHING.

-YOU NEGLECT BILLS OR OTHER RESPONSIBILITIES BECAUSE YOUR MONEY GOES TOWARD SHOPPING.

-YOU OFTEN TELL YOURSELF STORIES OR EXCUSES ABOUT WHY YOU "REALLY NEED" THAT ITEM, THOSE SHOES, THAT JACKET, THAT BAG





Chapter 2
The Effects of Compulsive
Shopping
on Your Life

COMPULSIVE SHOPPING HAS A DEEP IMPACT ON YOUR LIFE , NOT ONLY FINANCIALLY, BUT ALSO EMOTIONALLY AND SOCIALLY.

CONSTANT PURCHASES CAN LEAD TO HIGH DEBT, WHICH IN TURN SHAKES YOUR CONFIDENCE AND YOUR ABILITY TO MANAGE MONEY.

YOU CAN HARDLY TAKE PART IN LEISURE ACTIVITIES WITH FRIENDS BECAUSE YOU'RE BROKE, AND SAVING MONEY BECOMES DIFFICULT SINCE YOU'RE CONSTANTLY DOMINATED BY THE URGE TO BUY SOMETHING.

WHAT HAPPENS:
SOCIAL ISOLATION — NO ONE WANTS TO ASK YOU TO COME ALONG ANYMORE OR KEEP PAYING FOR YOU ALL THE TIME!

THE EMOTIONAL EMPTINESS:

PEOPLE OFTEN TRY TO FILL THEIR
EMOTIONAL EMPTINESS THROUGH
SHOPPING.

THEY BUY THINGS TO FEEL BETTER, TO
NUMB SADNESS OR STRESS FOR A SHORT
MOMENT.

LOW SELF-ESTEEM:

PEOPLE WHO SUFFER FROM COMPULSIVE
SHOPPING OFTEN HAVE LOW SELF-ESTEEM.
THEY BELIEVE THEY NEED TO "UPGRADE"
THEMSELVES WITH THINGS TO PROVE
SOMETHING TO THEMSELVES OR TO
OTHERS.

ESCAPE FROM REALITY:

BUYING THINGS CAN ALSO BE A FORM OF
ESCAPE FROM UNPLEASANT EMOTIONS OR LIFE
REALITIES.

BY DISTRACTING THEMSELVES THROUGH
SHOPPING, THEY TEMPORARILY ESCAPE INNER
EMPTINESS OR THE STRESS OF EVERYDAY LIFE.

Chapter 3:

How Compulsive Shopping Affects Your Emotions

BEHIND THE URGE TO CONSUME LIES A
DEEPER, UNRESOLVED EMOTIONAL NEED OR
TRAUMA:

A LACK OF RECOGNITION, LOVE, OR
SELF-WORTH.

EVERY PURCHASE FEELS LIKE A QUICK
GRATIFICATION,
A BRIEF MOMENT OF HAPPINESS AND
CONTENTMENT.

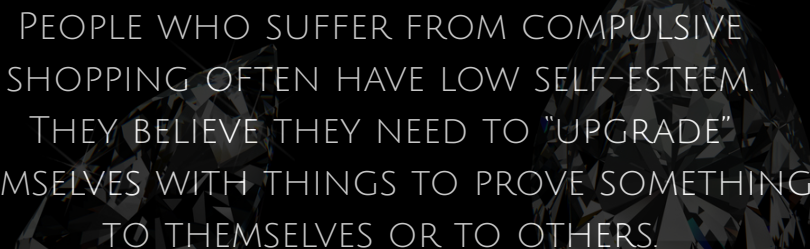
AT A CERTAIN LEVEL, YOU NO LONGER FEEL
ANY POSITIVE EMOTIONS. THEN YOU FEEL
SHAME, ANGER, DESPAIR, AND GUILT.

TRUE ABUNDANCE DOESN'T COME FROM
EXTERNAL THINGS, BUT FROM HEALING AND
SELF-LOVE WITHIN.

THE EMOTIONAL EMPTINESS:

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Chapter 4:

The role of self love in the healing process

SELF-LOVE IS THE KEY TO OVERCOMING
COMPULSIVE SHOPPING.

ONLY WHEN YOU VALUE AND ACKNOWLEDGE
YOURSELF WILL YOU BE ABLE TO CREATE LASTING
CHANGES IN YOUR BEHAVIOR.

LEARN TO LOVE YOURSELF:

SELF-LOVE MEANS FULFILLING YOURSELF WITHOUT
EXTERNAL DEPENDENCY.

DON'T BUY FOR YOUR SELF-WORTH — LEARN TO
LOVE AND FEEL VALUABLE INDEPENDENT OF MATERIAL
THINGS.

MINDFULNESS IN DEALING WITH YOURSELF:

MINDFULNESS HELPS YOU ENJOY THE PRESENT
MOMENT AND DETACH FROM EXTERNAL
DISTRACTIONS.

MEDITATE REGULARLY AND PRACTICE GRATITUDE FOR
WHAT YOU ALREADY HAVE, INSTEAD OF CONSTANTLY
STRIVING FOR MORE.



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Chapter 5:

NotfallTipps

- DELETE ALL SHOPPING APPS FROM YOUR PHONE.
- AVOID SHOPPING MALLS.
- TAKE ONLY AS MUCH CASH WITH YOU AS YOU NEED FOR YOUR PURCHASE.
- GET SUPPORT FROM FRIENDS AND/OR FAMILY.
- ALWAYS ASK YOURSELF WHETHER YOU REALLY NEED THIS RIGHT NOW OR JUST WANT IT.

TIP:

SET CLEAR BOUNDARIES:

CREATE A MONTHLY BUDGET AND
STICK TO IT.

LEARN TO PLAN YOUR PURCHASES IN
ADVANCE AND AVOID IMPULSIVE BUYS.

Chapter 6:

The 6 Steps of Change

Step 1:

AWARENESS

RECOGNIZING THE PROBLEM AND DECIDING TO MAKE A CHANGE.

Step 2:

UNDERSTANDING

THE PATH TO HEALING BEGINS WITH UNDERSTANDING YOUR FEELINGS AND IDENTIFYING THE REAL CAUSES OF YOUR SHOPPING ADDICTION.

WHICH EMOTIONS DRIVE YOU TO BUY?

Step 3:

LETTING GO

IF WE HOLD ON TO THE CURRENT SITUATION, WE CAN'T RECEIVE A NEW LIFE.



Step 4:

REALIGNMENT

WHAT DO I NEED TO DO TO CHANGE
MY LIFE?

Step 5:

CONSISTENT ACTION

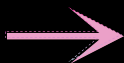
MAKE A DECISION AND TAKE CONSISTENT
ACTION.

Step 6:

THE MOST IMPORTANT STEP
SECURE YOUR PLACE IN MY

InnerGlow Mentoring

AND CREATE YOUR NEW LIFE.
HERE YOU CAN BOOK YOUR FREE
MINDSET CALL,
AND WE'LL DISCUSS EVERYTHING:



click



The Inner Glow *Method*

I'LL SHOW YOU HOW TO EXPOSE AND
FINALLY LET GO OF YOUR SHOPPING
ADDICTION WITHOUT IMPULSIVE PURCHASES OR
TORMENTING GUILT.

THIS WAY, YOU CAN LIVE A SELF-DETERMINED,
FULFILLING LIFE THAT IS NO LONGER DOMINATED
BY YOUR FINANCES.

WITH MY EXCLUSIVE MENTORING,
I'LL GUIDE YOU TO TRUE:



SELF-LOVE,
EMOTIONAL
HEALING,
AND
FINANCIAL
FREEDOM,
FOR A LIFE
FULL OF
CLARITY AND
JOY!

The Inner Glow Method

by *Chris Baric*

I – INNER REFLECTION & AWARENESS

- RECOGNIZING THE EMOTIONAL TRIGGERS BEHIND YOUR SHOPPING BEHAVIOR
- BECOMING AWARE OF YOUR OWN BELIEFS
- DEVELOPING A NEW IDENTITY BEYOND CONSUMPTION

N – SUSTAINABLE FINANCIAL HEALTH

- FINANCIAL CLARITY AND CONSCIOUS MONEY MANAGEMENT
- BUILDING HEALTHY MONEY HABITS FOR LONG-TERM STABILITY

N – REALIGNMENT & LETTING GO

- RELEASING EMOTIONAL BLOCKAGES
- SAYING GOODBYE TO OLD CONSUMPTION PATTERNS THROUGH MENTAL REPROGRAMMING

E – EMOTIONAL HEALING & BUILDING SELF-WORTH

- INNER CHILD HEALING: UNCOVERING AND DISSOLVING OLD FEELINGS OF LACK
- STRENGTHENING SELF-LOVE AND SELF-CARE AS A NEW FOUNDATION

R – REALIZATION OF A NEW LIFESTYLE

- BUILDING NEW ROUTINES THAT PROMOTE JOY AND SELF-DETERMINATION

The Inner Glow Method

by Chris Baric

G – CALMNESS IN DEALING WITH MONEY

- LETTING GO OF FEARS ABOUT FINANCES AND FINANCIAL SECURITY
- CONSCIOUS INVESTING FOR FINANCIAL FREEDOM
- CREATING A STABLE FINANCIAL CUSHION

L – JOY OF LIFE & FREEDOM

- GAINING PLEASURE AND JOY FROM EXPERIENCES INSTEAD OF MATERIAL PURCHASES
- NEW ENERGY THROUGH SELF-REALIZATION AND INNER FULFILLMENT
- FREEDOM FROM GUILT AND IMPULSIVE SHOPPING

O – ORIENTATION TOWARD LONG-TERM GOALS

- CLARITY ABOUT YOUR OWN WISHES AND VALUES
- FINANCIAL INDEPENDENCE
- MEANINGFUL LIFE DESIGN INSTEAD OF SHORT-TERM "HAPPINESS PURCHASES"

W – PROSPERITY & SELF-DETERMINATION

- DEVELOPING A NEW, HEALTHY MONEY MINDSET
- ACHIEVING FINANCIAL INDEPENDENCE THROUGH CONSCIOUS PLANNING
- LIVING SELF-DETERMINED, FREE FROM CONSUMPTION AND MONEY WORRIES

Inner Glow Mastery

12-Week Mentoring

by Chris Baric

1:1 MENTORING + GROUP CONTAINER
EMOTIONAL HEALING
MONEY STRATEGY & INVESTMENT BASICS
INDIVIDUAL FINANCIAL & LIFE PLAN

YOUR IDENTITY:
CONFIDENT
FINANCIALLY SECURE
EMOTIONALLY FREE

MINDSET CALL



MONEY RESET

8-Week Group Mentoring

by *Chris Baric*

AN INTENSIVE LIVE PROGRAM FOR
EMOTIONAL DETACHMENT FROM
CONSUMPTION
AND FOR BUILDING YOUR FIRST
FINANCIAL
STRUCTURE.

-WEEKLY LIVE CALLS

-INDIVIDUAL MONEY-TRACKING
TEMPLATE

-REFLECTION + IMPLEMENTATION

EMOTIONAL FREEDOM + SOLID STRUCTURE



MINDSET CALL



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Inner Glow & Money Flow

by Chris Baric

YOU CAN FIND ALL
MY PROGRAMS ON MY
WEBSITE

INNERGLOW-MENTORING.COM



MINDSET CALL



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Inner Glow & Money Flow

by Chris Baric



HEY,
ARE YOU READY TO TAKE THE FIRST STEP
TOWARD A BETTER FUTURE?
I'M EXCITED TO ACCOMPANY YOU ON
YOUR JOURNEY!

BOOK A CALL WITH ME NOW AND LET'S FIND
OUT TOGETHER HOW WE CAN REACH YOUR
GOALS.
YOU ARE NOT ALONE , I'M HERE TO SUPPORT
YOU.



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MINDSET CALL

about me

I WAS ADDICTED TO SHOPPING FOR MORE THAN
HALF OF MY LIFE.

AT FIRST, IT SEEMED HARMLESS AND EVEN EXCITING,
BUT AT SOME POINT, IT TURNED EXTREME.

I DON'T KNOW EXACTLY WHEN IT HAPPENED,
BUT I QUICKLY ENDED UP IN THE SWAMP OF DEBTS
AND GUILT.

DEPRESSION, PHYSICAL SYMPTOMS, AND ILLNESSES
FOLLOWED.

IN 2022, MY RELATIONSHIP AT THE TIME BROKE
APART,

PARTLY BECAUSE OF MY PASSION FOR SHOPPING.



THE PAIN OF THE LOSS WAS
SO INTENSE
THAT I DECIDED TO TURN
IT INTO SOMETHING
POSITIVE.

BECAUSE I SIMPLY
COULDN'T GO ON LIKE
THAT.

IT WAS THE MOMENT I
DECIDED TO TAKE BACK
CONTROL
AND FIND MY WAY OUT OF
ADDICTION.



FROM THE

shopping queen

TO THE

Business Queen

Contact

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