

**the mindfulness workbook for addiction a guide to coping** - *the mindfulness workbook for addiction a guide to coping with the grief stress and anger that trigger addictive behaviors* 2012 232 pages rebecca e williams, **compulsive buying disorder wikipedia** - *further reading benson a to buy or not to buy why we overshop and how to stop boston trumpeter books 2008 black d w 2007 a review of compulsive buying, five year follow up of people diagnosed with compulsive - background the authors assessed clinical symptoms and self reported shopping and spending behavior in people diagnosed with compulsive shopping cs at a 5 year*

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