

Do You Indulge In Retail Therapy? Here is How You Can Shop Without Going Broke!

Whenever I am depressed, I go shopping. Retail therapy has always been one of my favourite ways to destress.

The lure of the hunt. For that special something that catches your eye, priced unbelievably low, or at such a huge discount. 70% discounts at stores often turn normally lady like women into wild beasts. Everyone grabbing for that last piece from a coveted designer must have, priced at 70%, or even 90% the normal price.

It always works for me.. initially. As long as I can still make ends meet after these binges. I just love the thrill of buying things, and knowing that I got them at below the regular retail prices.

Leave me alone in a mall for 10 minutes, even with 2 preschool kids, I guarantee you. I'd be carrying bags of shopping, kids in tow, when you get back.

There is the thrill of the hunt. Going to a sale, not knowing what fantastic buy you might spot. Then you see it. That coveted designer brand normally beyond your budget, suddenly priced low enough for you to comfortably afford. You try it on. You love the way it looks on you. You buy it. That sense of satisfaction is indescribable. You move on to the next store. That high lasts until you see your credit card bill.

Worse still, those outfits you buy may be worn once or not at all, before you give them away.

It is something like going on an eating binge. You diet for ages trying to lose weight. Then suddenly, you just throw caution to the winds. You eat like a pig, gobbling down all the yummy, calorie laden desserts, snacks and favourite foods you have deprived yourself after so long.

Retail therapy, uncontrolled, can leave you broke. Especially with easy access to credit cards, you can chalk up a major debt if you are not careful.

Still, like calorie laden desserts, you can still indulge in retail therapy and stay within your budget.

Like eating less or even skipping a meal after you binge at a grand buffet, and eating less in the following days after it, you can indulge in retail therapy, if you spend less in the days after it.

There are things you have to buy anyway. Why not focus your retail therapy on what you actually need.

Make a list of the things you actually need.

About the Author

Web designers need to grow up, leave their inner artist behind and embrace the challenge of usable design, says guest writer.

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