



The SHULMAN CENTER

For Compulsive Theft,
Spending & Hoarding

The Shulman Center January 2017 Monthly e-Newsletter

Happy New Year!
Happy New Year!
Happy New Year!
Happy New Year!



We're starting the 12th year of our e-Newsletter and currently have nearly 3,000 subscribers. Thanks for your continued interest and support!

NEW YEARS TUNE-UPS AVAILABLE NOW!!!

Was your holiday season the best or the worst of times? Do you feel you could use some brief, focused, and effective therapy and or coaching to start the new year off right? It's well-documented that the majority of New Years resolutions are broken before the end of January. Take preventative measures by scheduling a new years therapy tune-up to help you be accountable to your goals and successful in life. Call 248-358-8508 while space is still available.

DONATE TO C.A.S.A. LLC!

Looking to make a meaningful tax-deductible gift? Please consider writing a check to C.A.S.A., LLC (Cleptomaniacs And Shoplifters Anonymous). Pay it forward and help someone else. We can only keep what we give away. Any donations may be made through PayPal at: <http://www.theshulmancenter.com/online-store.htm> or by mail with a check made payable to "Terrence Shulman and C.A.S.A., LLC" mailed to PO Box 250008 Franklin, Michigan 48025 U.S.A. We will promptly mail you a receipt.

Quick Links! Click on Links Below!

[Mr. Shulman Quoted in Recent Online Article on Shopping/Shoplifting Addiction](#)

[View Mr. Shulman's New 2-Minute Shoplifting Addiction Video](#)

[View Late Comedian George Carlin's Famous Rant on "Stuff"](#)

[View Unsteal.org Founder Introduce the "Unsteal Box" in TV News Debut](#)

UPCOMING SEMINARS, WORKSHOPS & PRESENTATIONS of INTEREST

Tuesday January 3, 2017—Mr. Shulman presents on understanding and treating hoarding disorder at Boyne, MI Public Library 7:00-8:30pm. Free.

Thursday January 5, 2017—Mr. Shulman presents on understanding and treating hoarding disorder at Allendale, MI Public Library 6:30-8:00pm. Free.

Sunday January 15, 2017—Mr. Shulman presents on understanding and treating hoarding disorder at Saline, MI Public Library 2:00-3:30pm. Free.

Thursday January 19, 2017—Mr. Shulman presents on understanding and treating shoplifting addiction at Foundations Recovery Network in Royal Oak, MI. 3:30-5:00pm with snacks. Free.

Friday January 20, 2017—Mr. Shulman presents "Exploring The Man Understanding and Treating Mens Issues in Therapy & Recovery" at Jewish Family Services West Bloomfield, MI, 9am-3:30pm. \$95 includes lunch and 6 CEUs.

Thursday February 2, 2017--Mr. Shulman presents on understanding and treating hoarding disorder at Dearborn Heights, MI Public Library 1-2:30pm. Free.

Saturday February 4, 2017--Mr. Shulman presents on understanding and treating hoarding disorder at Southfield, MI Public Library 7-8:30pm. Free.

Tuesday February 7, 2017--Mr. Shulman presents on understanding and treating compulsive stealing, spending and hoarding at the Troy, MI Kiwanis Club weekly meeting from 12noon-1:30pm at Maggiano's of Troy. Free.

Wednesday February 8, 2017--Mr. Shulman presents on understanding and treating hoarding disorder at Wixom, MI Public Library 6:30-8pm. Free.

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

Wednesday February 22, 2017--Mr. Shulman presents on understanding and treating hoarding disorder at Harrison Twp., MI Public Library 6:30-8:00pm. Free.

Tuesday February 28, 2017--Mr. Shulman presents on understanding and treating hoarding disorder at Houghton Lake, MI Public Library 6:30-8:00pm. Free.

Wednesday March 1, 2017--Mr. Shulman presents on understanding and treating hoarding disorder at Salem/South Lyon, MI Public Library 7:00-8:30pm. Free.

Facts, Stats, Quotes & More!

Gas Pump Wisdom from Johannesburg, South Africa:

"Stop trying to make everybody happy--You're not Tequila!"

"It's better to walk alone than with a crowd going in the wrong direction."

"Be who you needed when you were younger."

"When you forgive, you heal. When you let go, you grow."

"If you have a gun, you can rob a bank. If you have a bank, you can rob everyone."

"Why do we only rest in peace? Why don't we live in peace, too?"

"If you asked me for my New Years Resolution, it would be to find out who I am."

--Cyril Cusack

**"Be at war with your vices, at peace with your neighbors,
and let every new year find you a better person."**

--Ben Franklin

ITEMS OF INTEREST

Interested in helping start a local

C.A.S.A.

(Cleptomaniacs And Shoplifters Anonymous)

Chapter Near You?

New chapters now meeting in these cities:

Olympia, Washington

**Olympia Unitarian Universalist Church
2315 Division St. NW, Olympia, WA 98502
Every Friday evening from 7:00pm - 8:00pm**

For more information, contact: 360-915-2048

Lansing, Michigan
Unitarian Universalist Church of Greater Lansing
5509 S. Pennsylvania Ave. Lansing, MI 48911
Every Tuesday evening from 6:30pm - 7:30pm
For more information, contact: 517-351-4081

*Contact Mr. Shulman for More Information
or Help in Starting a C.A.S.A. Chapter Near You!*

View Mr. Shulman's 2-minute YouTube Video on Shoplifting Addiction:

<https://www.youtube.com/watch?v=N7eNcJhwGwc>

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

Local, National, International Organization
<https://buynothingproject.org/>

Sign Up for The Jack Hayes, International Free Quarterly Loss Prevention Newsletter!
<http://hayesinternational.com/products/the-hayes-report-on-loss-prevention-newsletter/>

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

Online Course for Understanding and Deterring Employee Theft
<http://www.360training.com/hr-ethics-compliance/corporate-compliance/anti-trust-bribery/creating-honest-theft-free-workplace-course>

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 Unsteal.org videoclips...
"Confessions of a Repenting Thief"
<https://www.youtube.com/watch?v=ZEY1tLIb0QY>
www.unsteal.org

Monthly Articles of Interest

Click on blue hyperlinks to view full articles/videos

[Oniomania: The Rush of The Purchase](#)
Mr. Shulman Quoted in Online Article on Shopping/Shoplifting Addictions

[Stop! Thief!](#)

Kokomo, Indiana Thrift Store Owner Chases Down Shoplifter in Parking Lot

[Fireman Fired from \\$87k/year job for Shoplifting](#)
If You Take The Risk You're Gonna Get Burned!

[Another One Bites The Dust!](#)
Fireman Fired from \$78k/year job for Shoplifting

[50/20/30...No. It's Not a Football Hike Count!](#)
Try This Learnvest Formula for Budgeting

[World's Oldest Thief Arrested Again!](#)
86-year old Notorious Jewel Thief Doris Payne Nabbed in Atlanta!

[Legal Shoplifting? What's the Catch?](#)
Amazon.com's Poor Attempt at Humor to Promote New Service

[Teacher Gets Taught A Lesson](#)
There's No Such Thing as Something for Nothing!

[Thief Shaming in The Land Down Under](#)
Not Good On You, Mate!

[Back in Black?](#)
Surprise! Walmart Finds Itself in Another Racial Controversy

[Sixty is the New Sixteen!](#)
Is Senior Shoplifting Rivaling Juvenile Shoplifting?

[More Companies Hiring Convicted Felons](#)
Here's to Second Chances

This Month's
Featured Articles
by
Terrence Shulman

[5 Ways To Make Your Resolutions Stick!](#)
from Time Magazine (2014)

Let's face it: Good intentions aside, it's easier to hit the snooze than get out of bed and hit the pavement. So, whether it's figuring out how to sculpt your body or finally learning how to carve out "me" time, the folks at YouBeauty have us excited to get sweating and stay on track. If you're like most people, this year's resolutions are going to look a lot like last year's resolutions (and those from the year before).

The problem with making New Year's resolutions is that changing your behavior is hard. Over the years, you have developed lots of habits for the way you eat, the time you spend at work, the days you do (or don't) exercise and the interactions you have with family and friends. Your motivational system is exquisitely set up to help you keep performing those habitual behaviors over and over.

Changing your actions is not as easy as resolving to do things differently in the year to come. A simple statement that next year is going to be different from this year is not enough. Unfortunately, changing your behavior requires work. That hard work has to happen in several facets of your life. If you prepare properly, you can be ready to do new things in the new year.

Here are a few recommendations:

1. Set positive goals. The way you set your goals determines how easily those goals can be turned into habits. If you set a negative goal, like eating less, then you are forcing yourself to focus primarily on not performing an action. You cannot create habits for avoiding actions; you only create habits for performing

actions. So, refocus your goals positively on actions you can take. Think about the kinds of foods you want to eat in the new year and how you can add them into your diet. Restructure your world. Generally speaking, people prefer things that are easy to things that are hard. Chances are, you underestimate the influence of the environment on your actions. So, restructure your world to make the desirable behaviors easy and the undesirable ones hard. You don't need studies by psychologists to tell you that it is harder to eat ice cream if you don't keep it at home than if you always have a freezer full of it.

2. Disrupt your habits. So much of your life is done on autopilot, and that is generally a good thing. You succeed at many tasks in life because you have developed good habits to promote desirable actions. When you need to change your behavior, though, you need to switch around aspects of your environment that support your behaviors. If you find that you eat mindlessly at home, for example, then move around your dishes and silverware. Now, every time you go into your kitchen, you have to think about your actions. And, that gives you an opportunity to initiate new behaviors.

3. Engage people. When you find your motivation to change starting to flag, find a partner in change to help you out. Enlist a friend, neighbor, family member, or colleague. Get them on board with helping you make changes. Give them permission to nag. Call them when you are about to give into temptation. We humans are social creatures. Use that social force to your advantage.

4. Start a journal. Before you can make lasting change, you need to get to know yourself better. It is helpful to put together a journal to help you plan your path to a new set of behaviors. To help you on your way, I have created a Smart Change Journal, which you can download for free here. Although the journal was created as a companion to my new book Smart Change, you can get started filling out this journal even without the book.

5. Have a timeline. By spending a few more weeks getting ready to achieve your resolutions, you will stand a much better chance at success than you have in the past. And ,just think: Next year you can try out a completely different resolution rather than revisiting the ones that have failed in the past.

Please Consider Making A Year-End Tax Deductible Contribution to C.A.S.A., LLC

by
Terry Shulman

MAKE A TAX-DEDUCTIBLE DONATION TO C.A.S.A., LLC We can only keep what we give away. -- Recovery slogan Dear Friends, Looking to make a meaningful tax-deductible gift? Please consider writing a check to C.A.S.A., LLC (Cleptomaniacs And Shoplifters Anonymous).

Since starting the first nationwide C.A.S.A. support group in metro-Detroit in 1992, we have seen this group expand both in metro-Detroit as well as across the U.S. We also have online and phone support groups, too! Nearly 10% of Americans shoplift, approximately 75% of Americans engage in employee theft, and many more engage in other forms of addictive-compulsive stealing. People need various resources to confront and deal with their problems with stealing.

In 2009, I registered a non-profit wing--C.A.S.A., LLC--of my company The Shulman Center for Compulsive Theft, Spending and Hoarding. If you are interesting in donating any amount of money, we will provide a receipt that can be used on your tax return. Donations to C.A.S.A., LLC help me better serve various individuals in the following ways:

1. Mailing of information, meeting lists, and my books (notably: "Something for Nothing: Shoplifting Addiction and Recovery" and "Biting The Hand That Feeds: The Employee Theft Epidemic") to indigent persons and/or those currently incarcerated.
2. Making phone calls and visits to jails, prisons, or mental health institutions to educate about addictive-compulsive stealing and treatment/recovery options.
3. Assisting individuals nationwide in starting C.A.S.A. support groups.
4. Offering reduced-fee or free counseling services to those who cannot afford it.
5. Offering court-evaluations for those who cannot afford it.
6. Offering free public talks on addictive-compulsive stealing and treatment/recovery options.
7. Offsetting fees paid to our website designer to update various C.A.S.A. support group listings and other info online.

We encourage you to donate to this cause, especially whether my work, my books, or any C.A.S.A. support group has helped you in any way. Pay it forward and help someone else. We can only keep what we give away. Any donations may be made through PayPal at: <http://www.theshulmancenter.com/online-store.htm>

You may also mail with a check made payable to: "Terrence Shulman and C.A.S.A., LLC"

MAIL to PO Box 250008 Franklin, Michigan 48025 U.S.A.
We will promptly mail you a receipt.
Thank you for your consideration!
Happy Holidays!
Sincerely,
Terrence Shulman,
The Shulman Center and C.A.S.A., LLC

New Years Is A Great Time to Declutter!

*by
Elsie C.*

I have a confession to make. I like the TV show Hoarders. And not only do I like this show... I relate with it. If you watch you know that in every episode the hoarder agrees to help a huge team of people clean out their space. They usually do well for an hour, agreeing to throw away clutter that they didn't even know they had. After a little while there is always a breakdown. The hoarder usually refuses to throw away a broken, expired, or damaged item and their organizer tries to explain to them why they really shouldn't keep it. Next comes yelling, sometimes crying and often they storm out the front door.

You see, this is the part I relate with. So many weekends I've pulled out a trash bag and told myself "I'm going to donate everything I don't wear". I always do well for a little while, but then I find that old purse that still has photos and memories in it or a stack of notebooks full of ideas that I jotted down two years ago. I get distracted. I get VERY distracted. I usually end up switching gears and giving up on my mission. The clutter remains. This is how I operate. It's bad, I know... but this article is written for people who relate with these struggles.

On my birthday goal list for the year I ambitiously wrote down "Get rid of half the clothing I own". Wow. Lofty goal, right? Well, here's the deal... I really really needed this. After years of thrifting, collecting and owning a vintage store my closet was packed. I had items I wore often, some items I hadn't worn yet, items I couldn't wear even if I wanted to and (the best part) items I didn't even know I had. We knew we would probably be moving this year and that my bedroom size closet would need to be downsized to a regular walk-in size closet. This is a scary task for someone who loves clothes like I do. I enjoy organizing. The thing that freaks me out is getting rid of pretty things.

This next part might surprise you.... I did it! I got rid of half my closet. It wasn't easy and it didn't happen in a weekend, but here are my tried-and-true tips for de-cluttering...

1. Make Goals. Make Rules.

As I mentioned above I made a goal this year to give away half my closet. I knew this would be the most difficult goal on my whole list. When you make your goal it can be good to make a list of reasons. My reasons were an upcoming move, a desire for a more simple closet and my changing style. Anytime your style changes (even a little bit) it's a great time to de-clutter. Maybe the prints on your wall from three years ago don't inspire you anymore or a bunch of clothing in your closet doesn't make you feel pretty. Use these reasons as motivation for your goals! Making rules is easy, but you have to make them yourself. Every time I Instagrammed a photo of my closet progress people would throw out rules to follow like, "throw out everything you haven't worn in a year" or "donate everything that isn't a perfect fit right now." These rules can freak a girl out, making you feel out of control. Take the time to make your own rules based on your own goals. I chose to donate or give away all of the clothing that I wasn't excited to wear this year (for any reason) except for my collectible pieces. For the collectibles I worked hard to thin them down to about ten pieces that could fit into a suitcase. I was more strict when it came to vintage clothing (like dresses and tops) and more forgiving when it came to my vices, shoes and coats. Rules can be helpful, but they aren't magic.

2. Give Yourself Time.

Since it took me years to accumulate all of these things I couldn't expect to clean them out in a weekend. Instead, I spent about one weekend a month on donations for the past six months. I did the job in stages. First, I made a mountain of donations in our spare bedroom. It was all of the obvious stuff that didn't fit, didn't look flattering or was no longer my style. I let a local friend of mine, who had just graduated high school, come over and pick out everything she wanted. She left my house with four trash bags full of clothing for herself and her sister... this made me happy and motivated to move on to the next stage.3.

3. Take Breaks.

Anytime I started to feel stressed or depressed about my clean out I took a break. It's impossible to do a good job of purging when anxiety is high. I had to be in the mood. If purging stresses you out, be gentle with

yourself. Take as many breaks as you need and re-read your list of goals, rules and reasons.

4. Find Creative Ways To Motivate Yourself To Purge.

Here are some things that worked for me...

-Giving to friends. I know it sounds silly, but it really helped me to give my clothing a new home rather than just dump it in a donation bin. When I would come across nicer items that I didn't wear for some reason I would try to think of a friend to pass them along to. Rachel and I have gifted each other dozens of boxes of random stuff throughout our friendship. It's fun to give and receive!

-Donate. For less sentimental items, like thrift finds that I never wore or unflattering basic clothing donating is usually best. Try filling one trash bag (or large box) a day and dropping it off immediately. The faster I got things out of my space, the less likely I was to regret it.

-Hold a sale. Many of my pals have had success (and made extra pennies) with a "Shop My Closet" sale. This is a good way to purge items you don't wear, that are valuable. I couldn't do this because I don't have time to do the shipping right now (sorry!) but as long as you have some free time it's a great option!

-Reward Yourself. I'm a huge believer in rewards for a larger task! For purging half my closet I will most definitely reward myself with a nice little Autumn clothing shopping day. It's a double bonus because next time I go shopping I will have SUCH a better mental picture of what my current wardrobe looks like. If there is something you've been on the fence about buying, make it your reward for a job well done.

5. Organize and Appreciate.

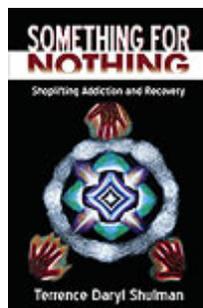
Like I said earlier, organizing is the fun part! Once you have cleared out all of the clothing that you don't wear, you get to spend time storing the pieces that you chose to keep! This is a reward in itself. After spending all of this time clearing out my closet it was super exciting to see two full racks of clothing that I LOVE.

Appreciation is key. This entire article can really be filed under #firstworldproblems. The fact that I even needed to donate half of my clothing shows how lucky (and spoiled) I really am. When you finish your purge, take time to appreciate all of the pieces that you own and love. I think that having a cleaned out and organized closet can be a great way to fight over-shopping too. When you know what you have you are less likely to buy duplicates just because they are on sale (or cute). I can honestly say that after finishing this task I appreciate my wardrobe more than ever This entire process took me six months, about 10 trash bags of donations, plus four boxes for friends and three bags of clothing heading straight (back) over to my local vintage shop. If you would have asked me in the beginning if I thought I could honestly let go of 1/2 my wardrobe I would have said no. But it was one of the best things I've done for my home in a while and it was SO worth the effort!

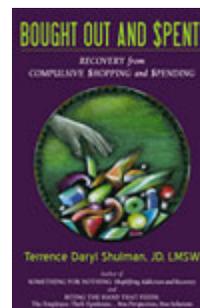
Now I'm off to enjoy my new closet space... XO. Elsie C.

Books by Terrence Shulman

[Click here to order!](#)

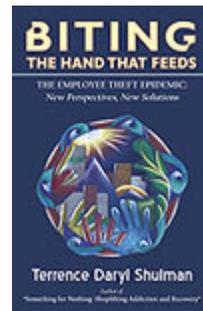
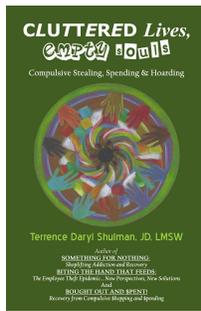


SOMETHING FOR NOTHING:
Shoplifting Addiction & Recovery



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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://kevinalexander.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](http://www.stealtheducation.com)

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

UnSTEAL.org--A Non-Profit Corporation
<http://unsteal.org>

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

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

Surviving Suicide with Heart and Humor
<http://writeonmymind.com>

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

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