



The **SHULMAN**
CENTER For Compulsive Theft,
Spending & Hoarding

The Shulman Center July 2016 Monthly e-Newsletter

Happy Independence Day and Summer!

Welcome to our new, streamlined, smartphone-friendly monthly e-Newsletter. our message brief, friendly, and to the point. We are in our 16th year of our e-Newsletter and currently have over 2,500 subscribers. Thanks for your continued interest!



Happy 51st Birthday to Terrence Shulman (June 27th)

If you or a loved one is looking to make positive changes in life, please consider contacting us at **248-358-8508** for a free consultation. It might be the best call you've made in a while. Please also inquire about our therapist training/certification program.

UPCOMING SEMINARS, WORKSHOPS & ITEMS of INTEREST

Thursday July 28, 2016--Mr. Shulman presents on understanding and treating hoarding disorder at The Dexter, Michigan District Library 7-8:30pm. Free.

--Mr. Shulman presents on understanding and treating hoarding disorder at The Farmington, Michigan Public Library 7-8:30pm. Free.

Thursday September 8, 2016

Tuesday September 20, 2016

--Mr. Shulman presents on understanding and treating hoarding disorder at The Rochester, Michigan Public Library 7-8:30pm.

Thursday September 22, 2016--Mr. Shulman presents on the connection between traumatic brain injuries and hoarding and obsessive-compulsive disorders at the Brain Injury Association of Michigan Annual Conference in Lansing, MI. Registration required.

Thursday September 29, 2016--Mr. Shulman presents on understanding and treating hoarding disorder at to The Interfaith Volunteer Caregivers in Troy, MI 1-2pm. Free.

Monday October 3, 2016--Mr. Shulman presents on understanding and treating compulsive stealing, spending and hoarding The 5th International Conference on Addiction Research and Therapy in Atlanta, Georgia. See

<http://addictiontherapy.conferenceseries.com/>

Thursday October 6, 2016--Mr. Shulman presents on understanding and treating hoarding disorder at The Franklin, MI Public Library 7-8:30pm. Free.

Monday October 17, 2016--Mr. Shulman presents on understanding and treating hoarding disorder AND on **Wednesday October 19, 2016** on understanding and treating compulsive shopping/spending at the 6th Lifestyle Intervention Conference in Las Vegas, Nevada. Registration required.

Facts, Stats, Quotes & More!

"Freedom is not worth having if it does not include the freedom to make mistakes."
- Mahatma Gandhi

"When a man is denied the right to live the life he believes in, he has no choice but to be an outlaw." - Nelson Mandela

"The most courageous act is still to think for yourself. Aloud." - Coco Chanel

"Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free." - Jim Morrison

"Better to die fighting for freedom than be a prisoner all the days of your life." - Bob Marley

"Now that she had nothing to lose, she was free." - Paulo Coelho

"He who has overcome his fears will truly be free." - Aristotle

"Most people do not really want freedom, because freedom involves responsibility, and most people are frightened of responsibility." - Sigmund Freud

"She had not known the weight until she felt the freedom." - Nathaniel Hawthorne

"Those who do not move, do not notice their chains." - Rosa Luxemburg

"Life without liberty is like a body without spirit." - Kahlil Gibran

A recent British study showed that evolution programmed mammals to store fat in cold winter months, when food was naturally scarce.

"What this suggests," said researcher Andrew Higginson, "is that New Year's Day is the worst possible time to start a new diet."

The 400 highest-earning taxpayers in the U.S. paid just 17 percent in federal taxes in 2012 on average incomes of \$336 million-the same rate they'd pay if they made \$100,000. The super-wealthy have essentially created a parallel tax system by paying lawyers and lobbyists to alter the tax code, create loopholes, and set up complex shelters, trusts, and shell corporations that confound even the IRS.

- The New York Times

You are 3x more likely to get a computer virus computer from a religious website than a porn site.

On Black Friday 2014, Cards Against Humanity was removed from being on sale and replaced with a "Bullsh*t" box, on sale for \$6. This box contained "literal feces, from an actual bull," as the description stated on their site. This was to protest to the Black Friday shopping craziness where shoppers will literally buy anything on sale. This special Black Friday edition of Cards Against Humanity sold over 30,000 copies, where all buyers actually received a box of bull poo.

Surgeons who play video games 3 hours + a week perform 27% faster and make 37% fewer errors.

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

New Film Highlights Suicide Prevention
The New Documentary Film "Death Is Not The Answer"
Written, Directed and Produced by Keith Famie
See: <http://deathisnottheanswer.com/>

New Book Outlines The Wonders of A Minimalist Lifestyle
The More of Less by Joshua Becker
See: www.becomingminimalist.com

Check out new videoclips entitled:
"Confessions of a Repenting Thief"
<https://www.youtube.com/watch?v=K-vqexNmaUQ>
www.unsteal.org

Monthly Articles of Interest

Click on blue hyperlinks to view full articles

[Confessions of A Repenting Thief](#)
Terry Shulman featured in 90-second video for [Unsteal.org](http://www.unsteal.org)

[Secrets Retailers Don't Want You To Know!](#)

Dr. Oz Show Highlights How to Be a Savvy Shopper!

[Like Freebies? Get Them Legally!](#)
Crime Doesn't Pay in 1-Minute Video

[Love is Patient, Love is Kind...](#)
11 Characteristics of True Love

[More Than A Bromance](#)
The Challenges of Male Friendships

[When Cops Are Robbers](#)
Police Can't Steal and Keep Their Jobs (Unless It's On the Job!)

No Special Treatment for Government Officials!

South African Official Charged with Shoplifting, "Mistake" Defense Fails

People Are Strange: You Can't Make This Sh*t Up!

Teacher Wins \$1Million Award--Must Donate it To School After Shoplifting

When Grandma Gets Sent to Prison

Chronic Shoplifting Addict Sentenced to 4 Years!

Suburban Mom Done in By Her Facebook Post!

Pleads Guilty to Felony Shoplifting After Advertising Sale of (Stolen) Items

Uh, Where Are Their Parents?

Youngsters Post Photos, Boast About Shoplifting "Hauls" on Tumblr

Stealing from an Angel

Boutique Owner Gives Shoplifters Second Chance (Article & Video)

Who Said Tricks Are For Kids?

Seniors Cited in Rash of Magazine Store Thefts!

Once A Cheat, Always A Cheat?

How Faithful Are You? And Your Partner(s)?

I Hope Her Kids Don't Take After Her!

Mom With History of Anger Problems Drop Kicks Birthday Cake!

101 Dalmatians... And 175 Mixed Breeds!

Who Let The Dogs In? 276 Dogs Found in Animal Hoarding Case!

This Month's
Featured Article
by
Terrence Shulman

Independence Day?

What Does Freedom Mean to You?

by

Terrence Shulman

Singer Janis Joplin once sang in the song "Me and Bobby McGee": "freedom's just another word for nothing less to lose." It's an oft-repeated and iconic line. Many of us have felt the brunt of loss over the last year--job, money, home, possessions, relationships, health, and beyond.

There's no making light of loss, of course, but I recall a friend --a former shopaholic--who lost her home, most of her job income, and truckloads of things she had accumulated over the years. As she downsized from her home to a smaller rental home to yet another smaller rental home and purged most of her non-essential materials things, she remarked how much lighter, happier, and free she

feels. She embarked upon a new chapter in her life and, with some anxiety, she felt hopeful and excited about the chance to reinvent herself and also reclaim parts of her authentic self which she had lost sight of.

Sometimes, things just weigh us down. Can you relate?

As we approach the U.S. 4th of July Independence Day holiday, take a moment to consider what freedom and independence mean to you? In these ever-challenging and globally volatile times, it is easy to focus on the importance of financial independence and freedom from anxiety. These are wonderful goals. Still, maybe we can appreciate whatever freedoms we do currently enjoy. For most of us, we have our physical freedom to move about and our freedom of self-expression and our freedom to pursue a life of authentic meaning and purpose.

We can also claim our independence from addictions and from dysfunctional relationships and our right to vote independently for what we believe in.

Freedom doesn't just mean doing what we want to do every moment independent of others. We must co-exist among a multitude of individuals and systems with which we don't always agree but compared to most systems and countries, we have many more rights and privileges which we too often take for granted. Life may not be perfect but this holiday allows an opportunity to soak in the gifts of freedom and independence that we may not have had in the past or may not have in the future.

So, whatever you're doing this holiday--relaxing, spending time with family or friends, enjoying the weather and some fine food--slow down and embrace our freedoms and independence--two of our greatest assets.

HOT OFF THE PRESS!!!
THE 28th ANNUAL HAYES REPORT RETAIL THEFT SURVEY

The Apprehension of Shoplifters and Dishonest Employees Has Increased in 9 of the Past 10 Years, According to Jack L. Hayes International's 28th Annual Retail Theft Survey! (June 2016)

Wesley Chapel, FL - Over 1.2 million shoplifters and dishonest employees were apprehended in 2015 by just 25 large retailers who recovered over \$200 million from these thieves, according to the 28th Annual Retail Theft Survey conducted by Jack L. Hayes International, the leading loss prevention and inventory shrinkage control consulting firm. "Retail theft, by both shoplifters and employees, continues to plague the retail industry. Our latest Annual Retail Theft Survey (28th) reflects an increase in both shoplifter and dishonest employee apprehensions, 2.0% and 1.0% respectively, in 2015. Overall recoveries from those apprehensions totaled over \$200 million and was up 1.2%", said Mark R. Doyle, President of Jack L. Hayes International. "It should be noted that the apprehension of shoplifters and dishonest employees has increased in 9 of the last 10 years!" Mr. Doyle added, "Retail theft causes consumers to pay higher prices for goods, and is having a detrimental effect on retailers' bottomline profits."

Highlights from this highly anticipated annual theft survey include:

- * Participants: 25 large retail companies with 21,288 stores and over \$700 billion in retail sales (2015).
- * Apprehensions: 1,246,003 shoplifters and dishonest employees were apprehended in 2015, up 2.0% from 2014.
- * Recovery Dollars: Over \$200 million was recovered from apprehended shoplifters and dishonest employees in 2015, up 1.2% from 2014.

- * Shoplifter Apprehensions: 1,170,056 shoplifters were apprehended in 2015, up 2.0% from 2014.
- * Shoplifter Recovery Dollars: Over \$150 million was recovered from apprehended shoplifters in 2015, an increase of 3.2% from 2014. An additional \$142 million was recovered from shoplifters where no apprehension was made, up a significant 18.8% from 2014.
- * Employee Apprehensions: 75,947 dishonest employees were apprehended in 2015, up 1.0% from 2014.
- * Employee Recovery Dollars: Over \$55 million was recovered from employee apprehensions in 2015, down 4.0% from 2014.
- * One out of every 38 employees was apprehended for theft from their employer in 2015. (Based on almost 3.0 million employees.)
- * Shrink: 60% of survey participants reported an increase in shrink in 2015, with just 24% reporting a decrease in shrink, and 16% reported shrink stayed about the same.

APPREHENSIONS & RECOVERY DOLLARS INCREASE in 9 of LAST 10 YEARS!

Theft continues to plague the retail industry as evidenced by over 1.2 million apprehensions (Shoplifters and Dishonest Employees) in 2015, by just 25 large retail organizations. Highlights from survey include:

- * Participants: 25 large retail companies with 21,288 stores and over \$700 billion in retail sales in 2015.
- * Apprehensions: Participants apprehended 1,246,003 shoplifters and dishonest employees in 2015, up 2.0% from 2014.
- * Recovery Dollars: Participants recovered over \$206 million from apprehended shoplifters and dishonest employees in 2015, up 1.2%.
- * Shoplifter Apprehensions: 1,170,056 shoplifters were apprehended in 2015, up 1.0% from 2014.
- * Shoplifter Recovery Dollars: Over \$150 million was recovered from apprehended shoplifters in 2015, up 3.2% from 2014. An additional \$142 million was recovered from shoplifters where no apprehension was made, up 18.8% from 2014.
- * Employee Apprehensions: 75,947 dishonest employees were apprehended in 2015, up 1.0% from 2014.
- * Employee Recovery Dollars: Over \$55 million was recovered from apprehended employees in 2015, down 4.0% from 2014.
- + One in every 38 employees was apprehended for theft from their employer in 2015. (Based on almost 3.0 million employees.)

TOTAL RETAIL THEFT

- * Survey participants apprehended a total of 1,246,003 dishonest individuals (shoplifters and employees) in 2015, an increase of 2.0% from the prior year. In addition, dollars recovered from those apprehended thieves totaled over \$200 million, which was a 1.2% increase from 2014.
- * For every \$1.00 recovered by our surveyed companies, \$19.61 was lost to retail theft. Therefore, only 5.1% of total retail theft losses resulted in a recovery.

SHOPLIFTING

- * Apprehensions: Survey participants apprehended 1,170,056 shoplifters in 2015, an increase of 2.0% from the prior year.
- * Recoveries: Dollars recovered from shoplifting apprehensions totaled over \$150 million in 2015, a 3.2% increase from 2014. This was the 13th increase in shoplifting recovery dollars in the past 14 years.
- * Dollars recovered from shoplifters where no apprehension was made (over \$142 million) increased an amazing 18.8% in 2015. This was the 19th consecutive year of increases.
- * Case Value: The average shoplifting case value in 2015 was \$128.86, reflecting a slight increase (1.2%) from 2014 (\$127.36).

EMPLOYEE THEFT

* One out of every 38 employees was apprehended for theft from their employer in 2015. (Based on comparison data of almost 3.0 million employees.)

* Apprehensions: Survey participants apprehended 75,947 dishonest employees in 2015, up 1.0% from 2014.

* Recoveries: Dollars recovered from dishonest employee apprehensions totaled over \$55 million in 2015, a decline of 4.0% from 2014.

28th ANNUAL RETAIL THEFT SURVEY - 2016 Jack L. Hayes International, Inc.

Shrink Trend:

15 of the 25 retailers (60.0%) had an increase in company shrink

06 of the 25 retailers (24.0%) had a decrease in company shrink

04 of the 25 retailers (16.0%) had no change in company shrink

Shoplifting Apprehensions:

13 of 25 retailers (52.0%) had an increase in shoplifter apprehensions

12 of 25 retailers (48.0%) had a decrease in shoplifter apprehensions

Shoplifting Recoveries:

17 of 25 retailers (68.0%) had an increase in shoplifter recovery dollars

08 of 25 retailers (32.0%) had a decrease in shoplifter recovery dollars

Shoplifting Recoveries Without an Apprehension:

13 of 16 retailers reporting (81.2%) had an increase in shoplifting recovery dollars without an apprehension

03 of 16 retailers reporting (18.8%) had a decrease in shoplifting recovery dollars without an apprehension

Dishonest Employee Apprehensions:

14 of 25 retailers (56.0%) had an increase in employee theft apprehensions

11 of 25 retailers (44.0%) had a decrease in employee theft apprehensions

Dishonest Employee Recoveries:

12 of 25 retailers (48.0%) had an increase in employee theft recovery dollars

13 of 25 retailers (52.0%) had a decrease in employee theft recovery dollars

We asked our survey participants why their Employee Theft apprehensions and recovery dollars increased or decreased in 2015; they contributed the following:

Increase:

* Additional focus on dishonest employee investigations

* Enhanced POS exception reporting software/programs

* Reduced 'checks and balances' giving dishonest employees more opportunities to commit thefts

* Quality of new-hires was reduced

* Less supervision of sales associates, and more access to secured products for customer service reasons

Decrease:

* Focus to drive cases down through more deterrence

* Less time spent on internal cases due to increase in external cases (shoplifting)

* Overall less associates, so less dishonest employees

* Increased use of pre-employment screening tools

Hayes International contributes the following to the employee theft problem:

* Questionable Pre-Employment Screening Process

We hear of retailers reducing their pre-employment screening requirements in an effort to reduce their costs or to quickly staff a store/location. This results in more 'questionable' employees being hired. When statistics show one out of every 38 employees is actually caught stealing by their employer, there has to be some type of breakdown in the pre-employment screening process.

* Internal Controls Compromised By Fewer Associates & Less Supervision Reductions in staffing levels has resulted in less supervision over associates, and associates performing tasks previously completed by management only (unlocking showcases, issuing refunds, etc.) thus increasing the opportunity for dishonest

associates to commit acts of theft with less chance of detection.

* Stolen Merchandise is Easy to Sell to Larger Audiences

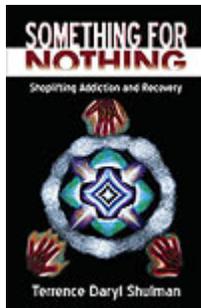
Dishonest employees have found that selling stolen items through various on-line auction sites, or having a friend or family member return the stolen goods for a merchandise credit or gift card (which they sell to a second party) results in quicker sales and much higher prices.

* General Decline in Honesty

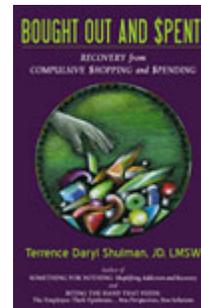
Almost daily we hear of business, government, law enforcement, celebrities, sports figures, and even church leaders being caught up in questionable activities. Such events make it easier for "borderline" employees to rationalize their theft acts.

Books by Terrence Shulman

[Click here to order!](#)

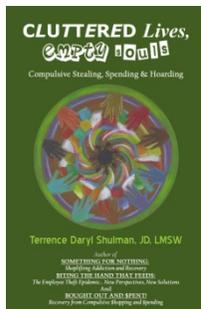


SOMETHING FOR NOTHING:
Shoplifting Addiction & Recovery

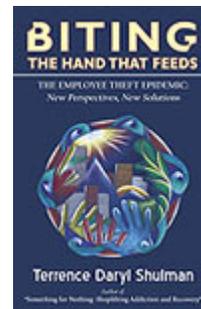


BOUGHT OUT AND SPENT!
Compulsive Shopping and Spending

[Click here to order!](#)



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://kevinalexzander.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](#)

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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for a
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