

G. Z.,
Louisville,
KY

Terry H.
Shopholics Anonymous

February 5, 2011

Dear Terry,

I don't think I can adequately express my gratitude¹, support, and encouragement I have received from you during our work together. I've struggled with compulsive spending for almost thirty years and have had periods when my compulsion was under control and then periods where
5 it was all-consuming. When I first appealed to you for help, I was scared, I was definitely out of control, and I was running out of options. You immediately put me at ease and gave me the feeling that there might be a glimmer of hope. I had been seeking help for this problem for a while and through other programs was encouraged to "just do it" and then made to feel "less than" when I didn't measure up. I had even been told not to worry about it – every woman spends the way I did.

10 What has impressed and touched me the most during the time I have spent working with you is that I know you, indeed, listen and that you hear not only people's words, but you hear their hearts, their hurts, their longings². I have been equally impressed by the depth of your knowledge and uncanny³ ability to dig out root issues. Through the entire process I have felt gently nurtured⁴ along and encouraged. Thanks to you, I no longer see shopping as a way to deal with the issues in my life.
15 I have learned new coping skills and many of the reasons for my behavior but, more importantly, I feel like I have been given my life back. I am also experiencing freedom from compulsivity in areas where there has been a struggle in the past. I feel you have provided me with the ability to think about whether I am acting on compulsion or treating myself with respect.

It was quite by accident I discovered your book, *Bought Out and Spent!*, then curiosity led me to
20 your website. Never did I think I would ever have a need to contact you. Then several months later, after a spending frenzy led me to realize I had spent my entire "expendable budget" on Internet shopping and, having nothing to show for it, I turned to you. I know now it was no accident. I truly believe I was meant to find your book. Thank you for bringing this addiction into the public eye and for all the help and support you have given me. Thank you for going "above and beyond" – there have been times during our journey when you have truly propped⁵ me up. Thank you for giving me new hope.

G. Z.