

Learn to say no



You have to learn to say no to be cured. This is the first effort to succeed. This will restore your self- confidence.

Do not go shopping on your own



You'd better bring a friend with you to make you come back to your senses. A friend will help you with your shopping and you will consume less.

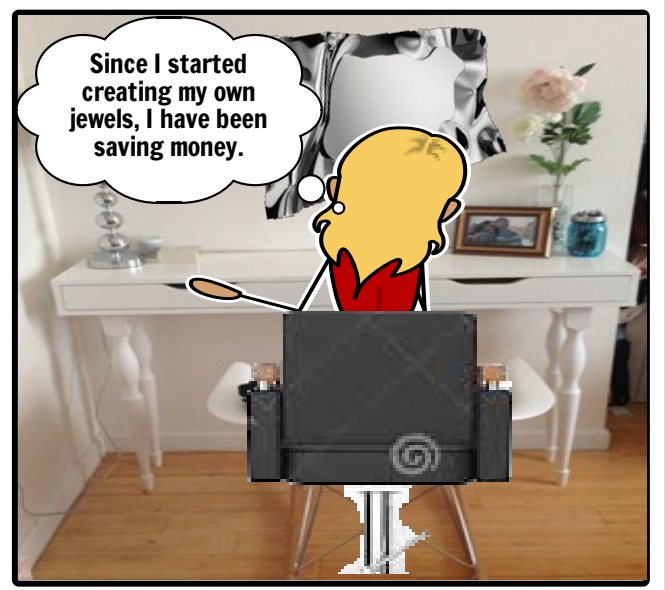
5 tips to be a wise consumer

Leave your credit card and your checkbook at home



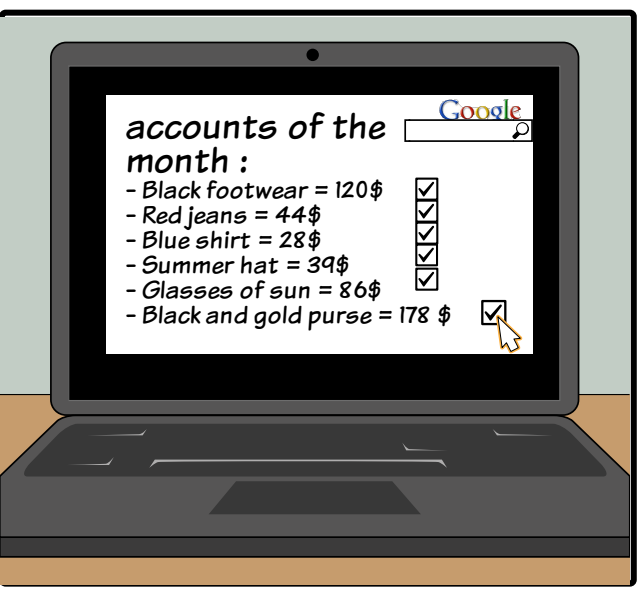
When going to the mall, you should leave without your credit card and your checkbook and only take cash. You will have a better control on your budget.

Develop your creativity



Creating one's own jewels takes time and requires energy. Moreover you spend less and it prevents you from buying too much.

Do your accounts regularly



You'd better do your accounts immediately after your shopping trip so as to be immediately aware of your expenses and consequences on your budget.