

All Consuming

Neal Lawson



**How shopping got us into this mess
and how we can find our way out**

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'Stabbing at fight of Ikea' Sun 'Most costly house has £ But it wasn't just superstars and bankers attempting to spend, spend, spend. Whipping out our cheap credit cards, the whole nation developed one obsessive, unsustainable habit: shopping.390m price tag' Daily Telegraph 'Financier runs up £36,000 bar bill' Independent Diamond-encrusted phones, waiting lists for handbags, 7-star hotels - in the summertime of 2007, the UK economy finally reached its giddy peak. Now the money has dried up and we've consumed our way to financial disaster. But had been rich situations really happy instances? And if buying got us directly into this mess, should we actually be encouraged to shop our way out of it? With finances in flux, now could be our chance to break this all-consuming routine. Offering everyday methods to start kicking the habit, Neal Lawson displays us how to put the basket down for good, and why we'll become happier for it.



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