



April Lane Benson, PhD, is a nationally known psychologist who specializes in the treatment of compulsive buying. She has appeared on Good Morning America, The Today Show, Fox News Weekend Live, CBS Evening News, ABC News Now, PBS evening news, and the BBC World Business Report. In addition, her insights on overspending have been cited in *The New York Times Magazine*, *The Los Angeles Times*, *The Wall Street Journal*, *the Chicago Tribune*, *USA Today Weekend*, and *The Christian Science Monitor*, as well as in *Time*, *Money*, *Kiplinger Personal Finance*, *Simple Living*, *Vogue*, *Cosmopolitan*, *Harper's Bazaar*, *Redbook*, *Essence*, *Body + Soul*, and *Marie Claire*. She lives in New York City.

Praise for April Lane Benson's previous work:

"Dr. Benson has begun a much needed dialogue . . . a serious, comprehensive examination of the nature of compulsive or addictive shopping, spending, and buying, problems now astonishingly widespread, usually denied, and nearly always concealed."—Jerrold Mundis, author of *How to Get Out of Debt*, *Stay Out of Debt and Live Prosperously*

"Benson's focus on this subject seems almost prescient. It is impossible to imagine any therapist who doesn't come across the problem of compulsive buying, and equally impossible to imagine most clinicians having any idea about how to handle it. Dr. Benson has courage to take on this much disparaged, yet central aspect of everyday life."—Ron Taffel, PhD, Director, Family and Couples Treatment Service, Institute for Contemporary Psychotherapy

"A comprehensive and timely examination of an under studied but emerging public health problem. Our understanding of compulsive shopping, along with the other impulse control disorders, is rapidly changing and this book will surely facilitate a reexamination—a tour de

force.”—Eric Hollander, M.D., Professor of Psychiatry, Director Compulsive, Impulsive and Anxiety Disorders Program, Mt. Sinai School of Medicine, New York City

“Dr. Benson and her colleagues have given us the first serious, scholarly, comprehensive (and fascinating) study of compulsive buying.”—Joseph A. Califano, Jr., Chairman and President, the National Center on Addiction and Substance Abuse, Columbia University