



The SHULMAN CENTER

For Compulsive Theft, Spending & Hoarding

The Shulman Center July 2021 Monthly e-Newsletter

*Celebrating The 19th Year of Our e-Newsletter!
Thanks to our 3,000 subscribers for your continued interest & support!*

HAPPY 4TH OF JULY!
SUMMER'S UPON US!

Watch & listen to Mr. Shulman's new 90-minute podcast interview on shopping addiction and more!

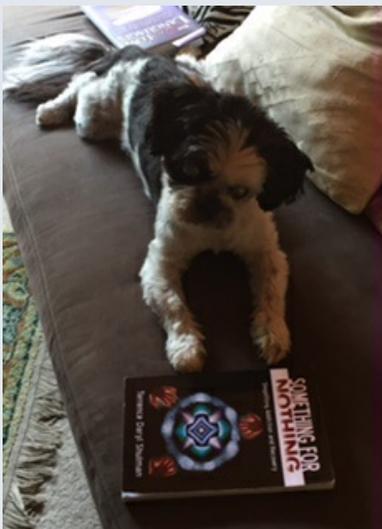
See: <https://www.youtube.com/watch?v=gDau-8w4LxY>

Life isn't about finding yourself. Life is about creating yourself.
-George Bernard Shaw

**New TV series on "theft addiction" which had been put on hold may be picked up in this year!
Stay tuned!**

Please Note Our Updated Website at:

www.theshulmancenter.com

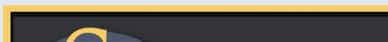


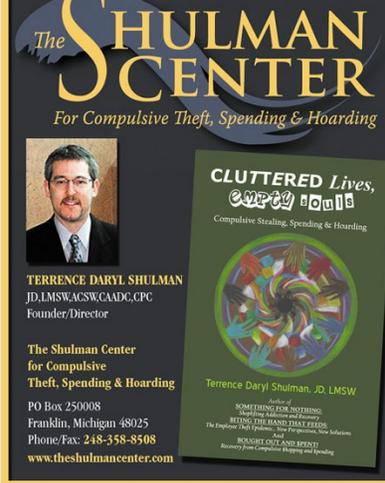
**Tina Shulman,
Creative Director**

TERRENCE DARYL SHULMAN
JD, LMSW, ACSW, CAADC, CPC
Attorney, Therapist, Consultant, Author & Coach
FOUNDER/DIRECTOR OF
The Shulman Center for Compulsive Theft, Spending & Hoarding

Serving People Since 1992

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www.theshulmancenter.com



CHECK OUT OUR NEW MERCH at Unsteal.org
<https://unsteal.org/swag/>

***During This Time of Social Distancing, Your Life Does Not Have To Be on Hold!
Specialized Therapy by Telephone or Video-Chat
Your Life Is Calling...
CALL US AT: 248-358-8508!***

150-Question Online Shoplifting Assessment Tool

ANNOUNCING THE RECENT LAUNCH OF A NEW

150-QUESTION ONLINE SHOPLIFTING ASSESSMENT TOOL

DEVELOPED BY THE SHULMAN CENTER

WITH TECHNICAL ASSISTANCE FROM ADE SOLUTIONS IN METRO-DETROIT

This is a rare and in-depth assessment tool and can be easily accessed online.

It takes about 20-30 minutes to complete and can be used by courts, therapists, and those who have shoplifted. Once the questionnaire is completed and submitted, you will receive an immediate one-page summary that tells you how severe a shoplifting problem you have, what type of shoplifter you are, and what is your risk of reoffending in the future (low, medium, high, very high).

See: <https://ade.solutions/shoplift.html>

Read Recent Comprehensive Article from MoneyGeek

on Compulsive Shopping/Spending... I'm quoted

[**Click Here!**](#)

See Recent Guardian UK Article on Why Wealthy People Shoplift:

Mr. Shulman quoted as expert!

[**Click Here!**](#)

Listen to Mr. Shulman on a recent 100-minute Podcast Interview

"White Collar Crime and Recovery" with 15 other "convicts"

[**Click Here!**](#)

See Recent Free Press/USA Today Article on Shopping/Shoplifting Addiction:

Mr. Shulman quoted as expert!

[**Click Here!**](#)

Listen to Mr. Shulman's 40-min Interview

Less Waves, More Ocean: Staying Calm in Covid Times

[**Click Here!**](#)

Listen to Mr. Shulman's Recent 45-minute Audio Interview on Shoplifting Addiction:

When Stealing Is A Drug!

[**Click Here!**](#)

See Recent 5-Minute Video on Shopping Addiction on Cheddar

See Dr. Oz's 15-minute July 9, 2019 Shoplifting Addiction Episode

QUICK LINKS

- [2-minute NBC Nightly News Segment \(May 2021\) on Phone and Shopping Addiction](#)
[Guilt Gifting Is A Thing in 2020 But It Can Get Out of Hand Quickly!](#)
[Anti-Capitalist Teens Share Shoplifting Tips on Tik-Tok](#)
[Online Shopping Addiction in The Time of Covid Quarantine](#)
[White Collar Support Group Video Podcast Episode#1](#)
[Shopping Addiction and Holidays](#)
[Guardian UK Article: Rich Robbers](#)
[NYPost Shopping Addiction Article](#)
[Dr. Oz July 9, 2019 Episode on Shoplifting Addiction](#)
[Mr. Shulman Quoted in July 14, 2019 Article on Netflix Series "Trinkets" on Teen Shoplifting](#)
[Mr. Shulman Quoted in Vancouver Sun July 24, 2019 Article on Shopping Addiction](#)
[Stop Thief! Restaurant Diners Help Themselves to More Than Food!](#)
[New 10-minute Video Preview of Forthcoming Online Employee Theft Prevention Course](#)
[August 15, 2018 Cover Story on Shoplifting in Detroit Metro Times](#)
[Cosmo Journalist Confesses She's A Shopaholic!](#)
[You Could Be an Online Shopping Addict!](#)
[Men Are Shopaholics, Too! Author Buzz Bissinger Tells All on NBC's Megyn Kelly Show](#)
[Plain Thieves or Addicted to The Rush? Mr. Shulman Featured in Recent 3-miNute news clip](#)
[Check Out Our Updated Hoarding Disorder Video Archive Webpage!](#)
[Samson Shulman Podcast Interview with Jonathan Schwartz: Embezzler to The Stars](#)
[Mr. Shulman Quoted About Worldwide Shoplifting Trends In Recent International Online 'zine](#)
[Mr. Shulman's Appearance on T.D. Jakes May 12, 2017 Show on Financial Infidelity](#)
[Mr. Shulman's 90-Minute Hoarding Presentation](#)
[Mr. Shulman Quoted in Recent Online Article on Shopping While Driving](#)
[View Unsteal.org Founder Introduce the "Unsteal Box" in TV News Debut](#)
[Shopping Addiction Featured on NBC's Megyn Kelly Show Tuesday February 27](#)

UPCOMING SEMINARS, WORKSHOPS & PRESENTATIONS of INTEREST

Thursday July 8, 2021—Mr. Shulman gives a live, in-person 90-minute Power Point presentation entitled "Understanding and Applying The 5 Love Languages For Better Relationships" for the Genesee District Library (Michigan) from 5-6:30pm. Free. Register through the library.

Thursday July 29, 2021—Mr. Shulman gives a 90-minute Power Point presentation via Zoom entitled "Cluttered Lives, Empty Souls: Understanding and Treating Hoarding Disorder" for the Genesee District Library (Michigan) from 7-8:30pm. Free. Register through the library.

Saturday July 31, 2021—Mr. Shulman gives a 6-hour Power Point presentation via Zoom entitled "Cluttered Lives, Empty Souls: Understanding and Treating Compulsive Stealing, Spending and Hoarding" for CORE Learning, Inc. (Michigan) from 9:30am-4:00pm. \$100 includes 6 CEUs. Register through www.corelearninginc.com

Thursday October 14, 2021—Mr. Shulman gives a 90-minute in-person Power Point presentation via entitled "Bought Out and \$pent! Recovery from Compulsive \$hopping and \$pending" for the Livonia District Library (Michigan) from 6-7:30pm. Free. Register through the library.

"From every mountainside, let freedom ring!" --Martin Luther King, Jr.

*"Freedom is not worth having if it doesn't include the freedom to make mistakes."
-- Mahatma Gandhi*

*"I am not bird; and no net ensnares me: I am a free human being with an independent will."
-- Charlotte Bronte*

*"The only real prison is fear. And the only real freedom is freedom from fear."
-- Aung San Suu Kyi*

*"Dreams are the foundation of America"
-- Lupita Nyong'o*

*"Freedom (n.): To ask nothing. To expect nothing. To depend on nothing."
-- Ayn Rand*

*"In the truest sense, freedom cannot be bestowed, it must be achieved."
-- Eleanor Roosevelt*

*"We must be free not because we claim freedom but because we practice it."
-- William Faulkner*

*"Freedom lies in being bold."
-- Robert Frost*

*"May we think of freedom not as the right to do what we please,
but as the opportunity to do what is right."
-- Peter Marshall*

ITEMS OF INTEREST

**Contact Mr. Shulman for More Information
on starting a C.A.S.A. chapter near you!**

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**ANNOUNCING THE RECENT LAUNCH OF A NEW
150-QUESTION ONLINE SHOPLIFTING ASSESSMENT TOOL
DEVELOPED BY THE SHULMAN CENTER
WITH TECHNICAL ASSISTANCE FROM ADE SOLUTIONS IN METRO-DETROIT.**

This is a rare and in-depth assessment tool and can be easily accessed online.

*It takes about 30 minutes to complete
and can be used by courts, therapists, and those who have shoplifted.*

*Once the questionnaire is completed and submitted,
you will receive an immediate one-page summary that tells you
how severe a shoplifting problem you have,
what type of shoplifter you are,
and your risk level for reoffending in the future
(low, medium, high, or very high).*

See: <https://ade.solutions/shoplift.html>

Or click here: [Shoplifting Assessment](#)

View Mr. Shulman's 2-minute YouTube Video on Shoplifting Addiction:
<https://www.youtube.com/watch?v=N7eNcJhwGwc>

In 2019 I was contacted by three gentleman from the Baton Rouge and Lafayette, Louisiana area--one from the criminal justice system. one from addiction-recovery treatment centers, and the other specialized in developing online learning courses. They commissioned me to develop four online education programs:a juvenile and an adult shoplifting prevention course; an adult employee theft prevention course; and an adult identity theft prevention course. These four courses have been live online since mid-2020 and a 5th course I developed on effective decision making went live this past month.

See course information at:

<https://cibtclasses.com/course-registration/>

In 2018 I was contacted by Turning Point Justice, Inc. out of Boca Raton, Florida and consulted with them to create an online program to address the epidemic of employee theft--based on my book *[Biting The Hand That Feeds](#)* and my counseling with theft offenders. Next, I consulted on and co-created an online shoplifting awareness-prevention program based on my book *[Something for Nothing](#)*. Both programs are now available for purchase. The employee theft course is available to individuals but was primarily designed to be marketed to companies and organizations of all kinds. The course has three modules: 1. An introductory course for all employees (incoming and seasoned); 2. A secondary review course for any employee who . has committed a minor infraction of dishonesty in the workplace but who is given a second chance and retains his/her employment; and 3. A special course for any employee who is terminated for employee theft but will be offered a chance to take this course for his/her own reflection and, possibly, to receive leniency. The shoplifting course is available to individuals who may be court-ordered to take it or who may wish to take it voluntarily for self-improvement and, possibly, to receive leniency as well. See course information at: <http://turningpointjustice.com/>

Instructions: To request enrollment in an education course by Turning Point Justice, please email: support@cibtfortheft.com and indicate you were referred by The Shulman Center. Please be sure to include your name and phone number for TPJ to get in touch with you.

I am honored and excited to announce that my 2003 book *[Something for Nothing: Shoplifting Addiction and Recovery](#)* has been translated into Japanese was published on July 9, 2019. I received several copies in the mail and it is listed on the Japanese version of Amazon.com! I'll have to brush up on my Japanese! We are discussing a possible trip to Japan later this year to help promote it! Dr. Hiroshi Okuda, a psychiatrist from Japan who helped me get this book published, visited me in Detroit on September 14, 2019. Tina, my wife and the creative director of The Shulman Center, and I hoped to visit Dr. Okuda in northern Japan in April 2020 but this was postponed due to the Covid pandemic. We hope to visit in 2022.

White Collar Crime Support Group
Meets Online on Zoom Monday Evenings Since 2016
7 pm ET, 6 pm CT, 5 pm MT, 4 pm PT

Contact:

Rev. Jeff Grant, J.D., M.Div., Co-founder/Minister, Progressive Prison Ministries, Inc., Greenwich CT & Nationwide. 203-405-6249, jgrant@prisonist.org, Mailing: PO Box 1, Woodbury, CT 06798

See: www.prisonist.org

RECO12.COM
Weekly Recovery Open Talks Live Online
(And Recorded for Later Listening)
See: <https://www.reco12.com/>

Check out new Unsteal.org video clips...

[Confessions of A Repentant Thief](#)

[Unsteal Repayment Boxes Now in Stores!](#)

<http://www.unsteal.org>

Great podcasts by my brother Samson Shulman!

**Interviews with up 'n coming trailblazers
and their ups 'n downs along their way**

<http://www.hustlesanctuary.com/>

and his new podcast called Connection Is Magic!

<https://connectionismagic.com/>

Carrie Rattle, CFP, of Behavioral Cents bought

Dr. April Benson's Stopping Overshopping Program

which includes a *guided self help program that is housed on an App called Mentegram.*

See: <https://www.shopaholicnomore.com/guided-self-help-for-when-the-urge-strikes/>

Sign Up for The Jack Hayes, International Free Quarterly Loss Prevention Newsletter!

<http://hayesinternational.com/products/the-hayes-report-on-loss-prevention-newsletter/>

Online Course For Shoplifters Helps Them Understand and Stop Stealing

<http://web.3rdmilclassrooms.com/courses/court/stoplifting#section-top>

Monthly Articles of Interest

Click on **blue** hyperlinks
to view full articles/videos:

[50 Very Short Rules for A Good Life by The Stoics](#)

Stoicism Isn't What You Might Think!

[What Is Agoraphobia?](#)

Netflix's "Woman in The Window" Documentary Explains

[Even Star Athletes Have Their Physical AND Mental Limits!](#)

Top-Ranked Tennis Pro Naomi Osaka Shares About Hers

[5 Hidden Blessings of a Difficult Childhood](#)

Sometimes, They're So Hidden That We Never Realize Them!

[Are You A Perfectionist?](#)

A Therapist Explains How This Could Be A Response to Trauma

[Are You Hypersensitive?](#)

If so, why this could be a sign of complex PTSD

[Do You \(or Someone You Know\) Suffer from Eco-Anxiety?](#)

It's Not a Silly Diagnosis And More and More People Have It

[How To Build Healthy Habits](#)

Recent NY Times Article States It Takes More Than Willpower or Discipline!

[How to Be Happy!](#)

Recent NY Times Article Suggests It's Both Simple And Complex!

[16 Buddhist Jokes You Need to Read Right Now!](#)
And You Don't Have to Be Buddhist (But It Doesn't Hurt!)

[How To Save Your Marriage from The Brink of Divorce](#)
Read This... Both of You!

[12 Phrases That Will Defuse \(Almost\) Any Argument](#)
Would You Rather Be Right or Happy?

[Cortisol: The Good, The Bad and The Ugly](#)
We (Recovering) Addicts Can Even Get Addicted to This Stress Hormone!

[When Pets Are Thieves!](#)
Funny and Creative Way This Woman Dealt with Her Cat Who Kept Stealing from Her Neighbor

[Be Nice to Yourself, Too \(and First\)!](#)
55 Nice, Simple, Free (or Inexpensive) Things We Can Do For Ourselves

[How To Be A Good Parent If You've Had A Bad Childhood](#)
Get Out of Your Victim Mode And Break The Cycle for Your Kids and Their Kids, Too!

[FYI: Rebound Relationships Pretty Much Never End Well](#)
Everyone Thinks They're Going To Be The Exception To The Rule!

[The Internet Is Destroying Our Brains!](#)
The Factory's Hours Are Grueling And The Pay Is Shit!

[The 5 Things In Your Home That May Be Causing You Stress!](#)
And None of Them Are Your Partner, Kids, or Pets!

[Recent 2-Part Public TV Series called "The Mysteries of Mental Illness"](#)
I Recorded And Haven't Watched It Yet But It Looks Interesting!

This Month's Featured Articles

ON FREEDOM, INDEPENDENCE AND UNITY:
Now More Than Ever
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 yearjob, money, home, possessions, relationships, health, and beyond.

There's no making light of loss, of course, but I recall a frienda recovering shopaholicwho 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.

America (and Americans) tend to value "rugged individualism" and "freedom" at all costs. But do we need to balance the "I" and the "We?" The current health insurance debate is a good example. As we seem to move further away from healthcare as a right to healthcare as a privilege, we seem to be going backward to a "survival of the fittest" state. But, as a nation, isn't it in our collective interests to help our fellow citizens rather than close our eyes, minds, fists, and hearts just to make sure there's more money for those who already have so much? Is this what our forefathers imagined as the "united" states?

A free society also needs to have a "free" press. But what happens when the press is under constant attack and there no longer such a thing as "facts?"

And what about democracy itself? As we struggle to get the basic facts about our last election and how much our faith in free and fair elections may have been impinged, we may be witnessing the erosion of an election system that used to be the envy of much of the world. Is this what we fought so many wars for?

And speaking of wars... Is there any rhyme or reason anymore for the wars we continue to fight.

So, whatever you're doing this holidayrelaxing, spending time with family or friends, enjoying the weather and some fine foodslow down and embrace our freedoms and independencetwo of our greatest assets-while we still have them.

On "Real Men"
Storytelling Script from June 18th Live Zoom Presentation
by
Terry Shulman

It's June 27, 2015 and it's my 50th birthday! My best friend Lee just turned 60 and our wives are throwing us a 50/60 birthday bash at their house. The weather is perfect, everyone's having a great time, and the sweet-smokey aroma of Bar-b-Que fills the air. From noon to midnight, 100 friends and family arrive in waves and mingle in the front yard, inside the house, or out on the spacious back deck high above a pond.

I'm on top of the world! I've achieved every goal I've set. I have three college degrees. I own a home. I've been happily married 13 years to Tina. I have a successful career as an addictions therapist. I've authored and published four books. And I've had more than my 15 minutes of fame as a guest expert on TV including The Oprah Winfrey Show. I'd always been ambivalent about having kids, but just over year ago we rescued a blind 9-year-old dog named Bam Bam. He's a black 'n white Shih-tzu with Bulldog legs (a Bull-Shit) and he's the love of our lives!

I got "The Quan"—you know, from the "Jerry Maquire" movie: I got money, love, respect, and community.

get the damn job that you need, from the only magazine where I get money, love, respect, and community. I've checked all the boxes. If I died tomorrow, I'd die happy! My legacy would be secure. Terry: he was a good man, a courageous man, a successful man. a real man.

I'm 50—which, in many cultural traditions—is the age men (and women) become “elders.” And since my Dad died at 53, making it to 50 was another one of my goals. My Mom divorced my Dad out when I was ten. I was thrust into the role of man of the house and helped raise my younger brother. Prior to this, my Dad was my role model; afterwards, my Mom was.

My Dad was a brilliant man. He was a child prodigy pianist. He played recitals and soloed with the Detroit Symphony when he was 8. Later, he toured the globe and won competitions. And in his late 20's—just after I was born—he hosted a classical music show on Detroit Public TV. Then he changed careers and became a successful attorney. We had a good life for a while. But like most men (and women, too), Dad had his demons. Two of those demons were alcoholism and bipolar disorder. And they were made worse by his inability or unwillingness to face them.

Nobody really told me how to be a man but I took most of my cues from my Mom and tried to be the opposite of my father. And, over the next two decades, that's what I did. I suppressed my feelings, rarely talked about them, and never asked for help. This led me to start shoplifting over the next ten years. I lived a double-life until I hit bottom in the middle of law school—after two arrests. I felt suicidal and finally came clean with my Mom. I came crashing down from my pedestal as “the perfect son” which felt both humiliating and liberating. And I got into therapy, which saved my life.

My Dad eventually got sober and we gradually grew closer when I was in my 20s. Then he suffered a massive stroke at age 48. It nearly killed him and left him unable to walk or talk. Over the next four years, he was wheelchair-bound and—despite my best efforts to visit him, help him, and lift his spirits—his will to live slowly evaporated. He started drinking in the last year of his life and died in 1993. I was 27. For the next two years, I felt angry, relieved and guilty for feeling angry and relieved. I once heard a saying: “A man becomes a real man when his father dies.” I don't know if that's true but my dream of finally having a “real Dad” died with him...

It's 2am and my 50th birthday and my 50th birthday party are over. I'm exhausted. I lay down to sleep. My thoughts wander and I hear my own voice: You're 50. You're an elder. You have a great life. You don't want to die in your 50's like your Dad. Take a break. You're burned out. Shore up your marriage. Spend more time with Bam Bam. Take life as it comes. *And it comes...*

Two weeks later, I receive a text about John, my recovery buddy of ten years. His sister found him unconscious on his kitchen floor. I knew he'd been grief-stricken after the recent death of his mother. I'd tried calling and texting him but he didn't respond. His sister said he'd stopped eating and fell into a diabetic coma. I visit him in the ICU. This former Marine with a heart of gold and walked with a cane was reduced to a shell. A month later, they move him into a nursing home—and, a few months after that, his sister told me they're taking him off life support. I force myself to visit him one last time before he dies. He was just 57. I just feel numb.

Three days before Christmas, my 30-year old “spirit son” Frankie calls me and tells me he feels completely lost. Fifteen years ago, Frankie and I were matched through a Detroit mentor-mentee program. We clicked right away. A few years later, he moved to Nashville, found one good job after another, married a single Mom, adopted her teenage son, and had three boys with her. Frankie and I spoke monthly, visited each other every other year, and he'd just started calling me “Dad.” This time, his voice sounded different. He admitted he had a drinking problem, an affair, and didn't know if his marriage would survive. My heart broke. A few months ago, he was doing great! But I shouldn't have been surprised. Frankie and I were a lot alike. We took care of everyone and just pushed through. I often worried who's gonna take care of Frankie?”

My wife joined me on the call. We both told Frankie we loved him, told him we are here for him, and that he'll get through this. I told him to call me whenever he needed, and promised we'd drive down to visit after the holidays. We did drive down after Christmas for his funeral and his “Homegoing.” He died in a late night

the holidays. We did an upside-down altar. Christmas for his funeral and his "homegoing." He died in a late night car accident the day after Christmas. As with my Dad's and John's funerals, it was standing room only for Frankie's. Another life cut short. Frankie's father—who'd been missing in action due to a drug addiction—wailed at the casket for a son he barely knew. My wife cried on and off for weeks. I felt devastated yet couldn't shed a tear. My numbness deepened.

As 2016 began, my 76-year old mother was diagnosed with Alzheimer's. She'd been foggy and forgetful the last few years. I had trouble absorbing any more bad news. One of the few things that brought me a sense of peace, strength and grounding was my backyard fires in my fire bowl or fire pit. These hourlong fires felt meditative, cleansing, and primal—as if connecting me with the spirits and the ancestors. But my wife Tina had become increasingly sensitive to the smell of smoke. Despite my best efforts to accommodate her, it just didn't work. She didn't seem to understand why I couldn't just give them up. I couldn't understand why she just couldn't let me have them now and then. We had some intense arguments that ruptured our relationship. Now I had a fractured marriage to deal with, too. And, frankly, it was too much.

I started spending more time on my living room couch with my dog Bam Bam who seemed to be the only one who kept my heart aglow. Man's best friend. Who rescued whom? I threw myself back into work—counseling others to work through their feelings and not shut down. I didn't shoplift, but I started binge-watching politics on TV late into the night, snacking and drinking more, exercising less, and allowing my creativity and marriage to languish.

Two years ago, I turned 54. I outlived my Dad, but felt less like a man and more like a lump! Not long afterwards, my buddy Lee said to me: "Terry, I'm worried about you. You're becoming like your Dad." I rejected this outright... but I knew he was telling the truth. I was slowly checking out. My inner light was dimming, my inner fire was extinguishing.

When Covid hit last year—just before my 55th birthday—it felt like a convenient excuse to hunker down, stay the course, and just survive. But I knew I needed help. I knew I needed to take some kind of action. So, I called a posse: I emailed my two brothers and 20 buddies to set-up a weekly Men's Zoom Group as a way to stay connected and support each other at least until the Covid craze was over. Between March 2020 - May 2021 we had hourlong meetings each Saturday or Sunday. Sometime there were ten of us, sometimes there were two of us. The group didn't solve all of our problems but it kept them from getting worse. And it kept me from sinking below the water line.

I turn 56 on June 27. I must have had this notion that turning 50, becoming an elder, having The Quan, and outliving my father meant I could successfully face whatever life brought me or took away. I was wrong. Dead wrong. So here I am, still pulling myself out of a five-year funk. I'm working towards being able to look in the mirror and like who I see. I can't go back to who I was when I was 50 and I thought I had life by the balls because, obviously, I didn't. Fuck The Quan! I'm just trying to face the loss of my friend John, my son Frankie, and myself. I'm grappling with the uncertainty of my marriage and the challenges of my Mom's illness. And my Stepdad and Uncle Joe are pushing 92 and my dog Bam Bam's almost 17—that's 119 for you and me!

Truth be told, I'm as confused today about what a real man is as I ever was. I know it's a fantasy that a real man—or even an elder—knows how to figure it all out and make everything better. And I'm sick and tired of comparing myself to my father and putting any more pressure on myself not to end up like him! Right now, I have two main objectives: to feel my feelings, face my grief, and learn how to say good-bye so I can feel my feelings, face life and re-learn how to say hello! And to somehow keep my inner fire burning as brightly as possible.

**FREEDOM FROM ADDICTION:
*What Are The Signs of Addiction
And How To Overcome It?***

Many people who are addicted to drugs, alcohol and/or other behaviors have seen the destruction their

Many people who are addicted to drugs, alcohol and/or other behaviors have seen the destruction their addiction has done to themselves, their lives, and the people who love and care about them. They see the negative side of addiction and yet still cannot find the strength on their own to fight their addiction, to take a stand for themselves, their lives, and their happiness.

For most addicts waking up in the morning, their first thought is, "how do I get my fix?" They may have moments of clarity when they realize the destruction and want to make a change. However, they are too afraid to make that stand by taking the first step. For those addicts who think they do not have the strength or willpower to stand up to their addiction, their oppressor, there is hope.

The number one factor in getting clean is the desire to overcome it. Becoming sober is the hardest part of sobriety but every year thousands of people accomplish this goal. Thousands of people make the change in their life for something better, for freedom from their addiction. They have a dream to survive, they have a dream to do and be better, they have a dream to create a life for themselves that addictions took away. They see what has held them back from achieving their full potential and they confront it head-on. These people reached that moment of clarity where they knew that if they didn't change their addictions were going to consume them completely. They would either end up in jail or dead from an overdose or some other drug-related occurrence.

Standing Up To Addiction

Even after years or decades of addiction, there is still hope. Every day there are new discoveries in ways to help one overcome their addiction, more understanding of the addiction and any *co-occurring disorders*, and more people overcoming their addiction who know what works and what helps. Every day is another step in the right direction. There are thousands of people who stand up for those afflicted with addiction everyday. Most everyone has been affected by addiction in some way or another. People have their own addictions or have had family members or friends with addiction, and far too many lives have been taken because of it.

With new therapies being used such as recreational therapies, sensory integration therapy, occupational therapy, and looking at co-occurring disorders, all help those with addiction get clean and maintain their sobriety. The use of alumni programs allows newly sober people and long-term sober people to keep in touch with and meet each other, to meet other people who know exactly what they have gone through and can offer tips and advice for those who need it.

Make Your Dream Of Sobriety A Reality!

Call our team to review your benefits and help place you in the most appropriate rehab facility. Help, hope, and freedom from addiction are available.

Many people have found strength for many different reasons with the words spoken by Martin Luther King Jr. in 1963: *"I have a dream today ... I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low. The rough places will be made plain, and the crooked places will be made straight."* We all know why these words were spoken in their original context, but in today's world, there are new oppressors and new freedoms being sought. One of the biggest oppressors in our time is drugs. Whether it is the people being forced to pick coca leaves to support their families, the women and children being used as drug mules to avoid death or thousand of citizens who fall prey to the drugs for numerous reasons.

Get Help To End Your Addiction

Once someone becomes addicted there is little anyone else can do to end the addiction. The substance and/or addictive behavior has taken control of one's life. Every time you use alcohol, drugs, or engage in certain addictive behaviors, they change your brain chemistry and cause you to become dependent, even after just one use. Thousands of dollars are spent by a single user every year to support their habit. Families are broken up because the user's main concern becomes the drug instead of their loved ones. They stop caring about school, work, their futures, and themselves.

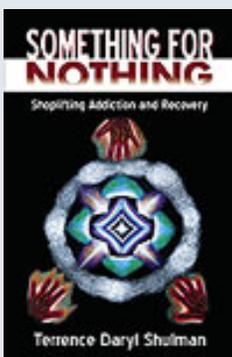
With the right help, the right support, and the right recovery treatment, these users can find the way back to their dreams. With these things, these users have the chance, the opportunity to achieve their dreams that

When a dreamer's own feelings, those desires have the chance, the opportunity to achieve their dreams that drugs, alcohol and/or addictive behaviors have stolen from them. It is time to stand up to your oppressor and free yourself from your addiction. Free yourself from the downward spiral drugs bring into everyone's life. Free yourself from a life without dreams, a life without hope, and a life without happiness. Stand up and take those things back for yourself. What dreams have addictions kept you from achieving?

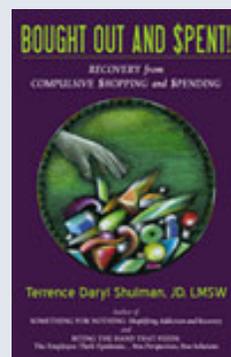
Do You Have A Dream of Being in Recovery?

If you want to make that dream of freedom from addiction a reality, there is hope! Contact us by calling 248-358-8508 or emailing terrenceshulman@theshulmancenter.com.

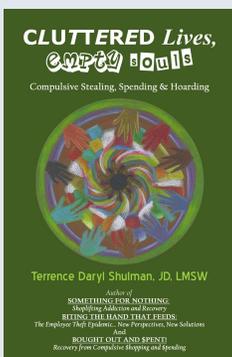
Books by Terrence Daryl Shulman



Consider highlighting products or services, sales or promotions, personal bios, and more. Use images that complement your message, and link your images to supporting resources.



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SPOTLIGHTS

OTHER ASSOCIATES ARE DOING GREAT WORK, TOO!

Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"

**Call Now
for a
FREE
CONSULTATION!**

248-358-8508

All Calls Are Confidential

OFFER GOOD FOR A LIMITED TIME!

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