

DOWNLOAD PDF THE ENLIGHTENED SHOPAHOLIC : FROM WAL-MARTS TO SMALL MARTS

Chapter 1 : Can Wal-Mart Scale L.A.'s Great Wall of Regulation? - www.nxgvision.com

Buy Confessions of a Shopaholic at www.nxgvision.com In this all-too-true debut novel, Kinsella chronicles one woman's hilarious efforts to overcome her expensive--if stylish--addiction to shopping.

My Kiddo has a wardrobe stocked with the next two sizes up just waiting for him to grow into. And I would rather slit my wrists than pay retail. I bee-lined to the back of every store I set foot in and had sale rack scanning down to a science. I memorized store mark-down schedules and regularly made the rounds. I had to take it to the next level. I decided to brave a thrift store. I admit, I hung my head slightly as I shuffled across the parking lot, hoping no one driving by would see me and think I was there because I HAD to be. I hugged my purse tighter and was a little afraid of who else may be lurking inside. Despite my doubts, I was overwhelmed as rack upon rack of colored and styled clothes stretched as far as I could see. Thousands of items, each one unique, and all begging for a new closet. I started flipping through the rack timidly, assuming it would be worn-out discount department store rejects. After 5 minutes my arms were overflowing with finds and I went in search of a shopping cart. Cashmere sweaters, preshrunk designer jeans, adorable summer skirts, vintage little black dresses, chic leather jackets, unique accessoriesâ€”I had died and gone to budget fashionista heaven. A few of the tips I have learned through trial and error: They vary brand to brand anyway. Almost everything is pre-washed and preshrunk. If it looks like it might fit, try it on. Learn how to spot quality fabrics and brands from a distance. Some fitting rooms have a half-hour wait. If you come prepared in a skinny tank and leggings you can find a mirror and explore your inner exhibitionist. If you go looking for warm jackets during a January cold snap you will be sorely out of luck. Look in July and you may have dozens to choose from. Ask if the store runs sales. Many stores discount a particular colored tag each day. Carefully check out the goods. If it needs to be repaired, it had better be worth the work. Some days I find 25 steals I simply cannot live without. Some days I find crap. I have nearly stopped making my rounds at Ross and T. Maxx because I know if I am patient, persistent, and sometimes just plain lucky I can find whatever I am looking for and usually more for practically pennies. Every Wednesday I am overwhelmed with the urge to be at my secret store. I feel the store calling me, tempting me, like a discount liquor and package store calls every alcoholic for miles. My family now has so many clothes I often show up at the thrift store with a bag of donations.

DOWNLOAD PDF THE ENLIGHTENED SHOPAHOLIC : FROM WAL-MARTS TO SMALL MARTS

Chapter 2 : Thrift Store Shopaholic | www.nxgvision.com

Contains a guide to living an environmentally friendly lifestyle, including advice on how to maintain a healthy home and planet-friendly car, purchase organic food, make socially responsible investments, and use products free of damaging chemicals.

Graphics and photos are public domain unless otherwise noted. When one of your kids is missing, Christmas is never quite the same again, nor will be until all of you are reunited in that wonderful world where we shall never experience again the pain of parting. When we lost our son, Micah, he left a big hole in our family celebrations. All of us have searched for a way to fill that hole with not much success. Micah was the family jester. He kept us all from being too serious. The young man at the counter who took our order looked tired and as he went back to get our order, Sheila noticed he had a slight limp and appeared to be in some discomfort when he walked. She picked up her sundae and while I was paying the boy, she slipped around to the side window and got one of the girls in the kitchen to find out his name Ryan and his shoe size. She told me she was going to buy him some new shoes and gel insoles and sneak back and leave them for him with the kitchen staff. I understood what she meant and nodded agreement. I just hoped Ryan would still be there when we got the money. A week before Christmas, Mary Bob, the elderly lady Sheila works for, became ill and had to go to the hospital for testing. Sheila went with her to the hospital and worked 24 hours a day for the next 3 days. At the end of it, she was tired and worn out from being almost constantly on her feet for the better part of the time, but she had her shoe money. As I checked us out, Sheila went over to the food court to arrange to leave the gift for Ryan when he came in. As she came back, I saw her face and the tears in her eyes and I knew something was wrong. Ryan no longer worked there. I knew what she was thinking. Why did it take so long for God to answer my prayer? I was just about to go through the checkout. He sent her to Miss Verdell, who ran the human resources office. I just lost my husband in October. Who knows, maybe folks needed a little reminder this year. We got a very sweet letter from Miss Verdell a few days later with a poem in it. The God of heaven knew the exact moment in history when we needed His son. He knows the exact moment when He needs to send Jesus back again. Giving to others is a good memorial to Micah. I remember one Christmas my Pathfinder club kids were so distracted by who was getting what. They were in the absolute throes of greed and I thought, you know we need to do something about it - maybe adopt an angel from the angel tree or something. The kids took up the cause with a will. The church found out about it and everybody chipped in. He said God gave us this family to bless and we should show them just how mightily God can bless. Micah said it was the best Christmas of his life, giving that family that wonderful gift. It was a vintage Micah moment. At his memorial service, families were lined up 10 deep to tell us how much Micah had meant to their children. Giving a gift in his name this year really made it feel like something of him was back in Christmas. It is helping heal us in a way we had not expected when God first inspired Sheila to buy Ryan a new pair of shoes.

Chapter 3 : Just One Mans Opinion:

www.nxgvision.com assumes no liability for inaccuracies or misstatements about products. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease or health condition.

Chapter 4 : Earthtalk (edition) | Open Library

The enlightened shopaholic: from Wal-Marts to small marts: Say "aaaah!": healthier living from the refrigerator to the medicine cabinet.

DOWNLOAD PDF THE ENLIGHTENED SHOPAHOLIC : FROM WAL-MARTS TO SMALL MARTS

Chapter 5 : Brand New Savings On Clocks!

Dear Franny the Shopaholic: My daughter is looking for Bolt House juice with protein. â€” Angela, Pleasantville Dear Angela: Bolthouse Farms ounce Protein Juice is \$ at JR's Fresh Market.

Chapter 6 : Wal-Mart: Values-based Capitalism at its Best - CBS News

Eat, drink, and be wary: from local food to lunchables --The enlightened shopaholic: from Wal-Marts to small marts --Say "aaaah!".