



# The Hidden Addiction: Behind Shoplifting and Other Self-Defeating Behaviors

Peter Berlin

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The HIDDEN ADDICTION Behind Shoplifting and Other Self-defeating Behaviors is based on the premise that people don't want to make their life any harder than it is and that when they are shown who they really are as individuals and how to easily change their thinking and beliefs which are false or self-destructive, they can be guided to significantly alter their life solely on their own steam. The goal is to strengthen people to be who they want to be by presenting core issues in life rarely taught at home or in school in this practical and unique manner.



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