

Shopping: The New Drug

Many people today prefer to spend their free time shopping. These people are called recreational shoppers. Recreational shoppers do not always buy something. They really enjoy the shopping experience.

Of course, many people like going to indoor malls. However, for recreational shoppers, the mall is more than stores. For them, the mall represents happiness and fulfillment. For these people, a visit to the mall is an adventure. In fact, for many recreational shoppers the art of looking for and buying something is more fun than owning it

Recently, a group of psychologists studied recreational shopping. First, they used tests to identify recreational shoppers. Then they compared recreational shoppers with ordinary shoppers. The psychologists discovered that the two groups were different. Recreational shoppers were usually younger, less self-confident, and more often female. In addition, they were more interested in material things and had less self-control.

The recreational shoppers also went shopping when they felt worried, angry, or depressed. Ordinary shoppers didn't. Most of the recreational shoppers said buying something helped them feel better-it made them happy. Their negative feelings went away. Many recreational shoppers also did something unusual while they were shopping. They pretended that they were different people with different lives.

You can see the whole lesson from your teacher, Please ask to send it to you before the class.

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