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How to Shop for Free

Shopping Secrets for Smart Women Who Love to Get Something for Nothing

By **Kathy Spencer**
with Samantha Rose

With the holiday season fast approaching—and the economy not exactly booming—consumers are on the lookout for bargains wherever they can find them. Whether scouring the mall for stocking-stuffers or making the weekly trip to the market, buyers want to know how to complete their shopping lists while getting the most for their money. Enter Kathy Spencer, who offers advice gleaned from years of coupon clipping and discount hunting.

How to Shop for Free: Shopping Secrets for Smart Women Who Love to Get Something for Nothing takes finding a good bargain to a whole new level by acquainting readers with the little-known tricks of the retail world. Spencer lets us in on how to score organic food and prescription drugs for free, land \$80 jeans for less than the price of a latte, navigate the clearance rack, and get free giveaways from Sephora, Victoria's Secret, Pottery Barn, and other popular stores.

Going far beyond the stereotypical Sunday circular, Spencer uncovers the secrets of store club programs; the ins and outs of eBay; the keys to avoiding consumer scams; the truth about rebates, buy-one/get-one offers, and rain checks; and the best deals by month—like frozen food in March and office supplies in August. She also provides a guide to the all-out, price-slashing, retail competitions in December.

Whether your goal is to find great deals on Christmas gifts or to lower your monthly grocery bill year-round, ***How to Shop for Free*** offers strategies designed to save you money—without sacrificing quality or brand names—from someone who has thoroughly tested and researched the stores and techniques. Providing advice for shoppers at every level of frugality, Spencer speaks to all consumers looking to pare down their spending on essential items and indulgences alike.

Kathy Spencer's shopping skills have been featured in the *Boston Globe*, among other publications. She lives with her family outside of Boston, Massachusetts. Visit her website: www.howtoshopforfree.net.

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