**Essay on Shopping**

**1** .It is difficult to imagine our life without shopping. On one hand, it’s one of quite important household tasks. Moreover, shopping is the way to get necessary food and clothes. So, if you don’t do it you can’t have all things which make your life so comfortable.

On the other hand, it’s believed that for the vast majority of people going shopping is not just duty or necessity but a real pleasure. As far as I know there is so called shopping therapy that helps people to reduce stress buying different goods or even just going window shopping.

As for me, I don’t belong to such group of people. Shopping doesn’t make me happy and sometimes it can even become a nightmare. When I can’t find things which I need, I can get annoyed and even stressed. Thus, I go shopping only when I don’t have any other choices. I usually go to a supermarket to buy some food once or twice a week. There is a huge shopping center near my house, so I can buy everything I need in one place. From time to time when I need something urgently I can look in a local shop nearby. I normally go shopping alone, that’s why I can do it quickly and effectively. I always make a shopping list before going.

Nowadays it’s becoming more and more popular to shop online. I’m firmly convinced that it’s the most comfortable way. You just surf the Internet and look through the enormous range of goods. Moreover, you can compare prices and find a real bargain. Also, you can have your purchases delivered. It’s amazingly easy and saves a lot of time and energy.
Thus, if you’re not a fan of shopping like me, do it online.

**2.**I go shopping several times per week. Nowadays there are so many types of shops — the shopping center, the hypermarket, the supermarket, the bakery, butchery and grocery. I adore shopping centers. I usually do the shopping with my mother or with my friends. We go to the shopping centers where we can spend hours in different shops. You can buy any type of clothes there: from underwear to shoes and coat. The supermarkets and hypermarkets are very convenient as you can buy whatever you need at once. There is no more need to go to three different shops to buy bread, meat and vegetables. It’s all here. But still there are those who prefer buying some goods at the specialized places. For example, they buy fresh bread at the bakery across the street, and then go to the butcher’s to buy some fresh meat, and then spend 20 minutes to get to the grocery to buy fresh fruits and vegetables. Modern technologies allow doing the shopping without need not only to get out of the house, but even get out of bed. It concerns not only the clothing, but also the food. The delivery service is a part of almost all modern shops and that is extremely convenient. You can spend half an hour on choosing and ordering the products and then do some other things and then just receive all that you need. Isn’t that convenient? So there are so many types of shopping. And one can choose the most preferable to him.