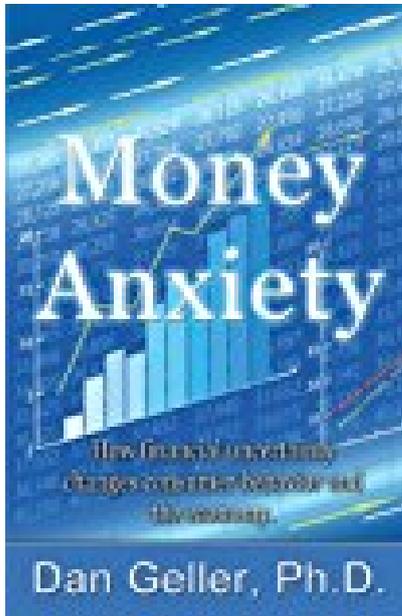


Money Anxiety



BOOK DETAILS

- Author : Dan Geller
- Pages : 144 Pages
- Publisher : First Edition Design Publishing
- Language : English
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BOOK SYNOPSIS

Uncertainty creates anxiety, and we are engaged in a modern collective anxiety known as "money anxiety disorder." Money anxiety disorder lies at the heart of so many of the disruptions that occur in our lives, our society, and our world. It can be triggered by events like fluctuations in the marketplace, job loss, employment instability, divorce, or even just struggling to stay on budget. Like the economy itself, our anxiety about money fluctuates. But we don't have to be at the mercy of it. We can learn to cope with unpredictable financial times and silence our panic. There is a cure for money anxiety disorder. The first step to the cure is to get a handle on the practical ins and outs of your money management. Learning how to budget, set financial goals, create a system for paying bills, and plan wisely for retirement are crucial pragmatic tactics that we all must learn if we are to experience peace and security around money. So many of us were raised to believe that financial success and material prosperity are the most important things we can achieve in our lives. But where does that leave us when things don't go well with our bank accounts, when we don't achieve what we think we should have achieved when we expected to achieve it, or worse, when we make a lot of money and experience professional success only to realize we are still not happy? And when the entire world seems to be in an economic downturn, does that mean that we too are doomed to misery? This book will not offer you advice on accounting, budgeting, spreadsheets, or numbers. Instead, we'll focus on a deeper cure: how to create financial wellbeing by changing your attitude toward money and creating a realistic and balanced vision for your own personal prosperity. Using mindfulness, reflective journaling, and somatic tools, you'll learn to better manage your anxiety around money-and your life.

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