

Mind over Money: Your Path to Wealth and Happiness



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When I started doing personal financial counseling back in 1990, I believed that because most Americans had never learned how to manage their personal finances (for example, in the schools) that they needed more personal financial education. While I still believe this to be the case, over the decade plus that I was actively involved in financial counseling and now getting inquiries from readers, I have developed a modified view. Ingrained behaviors also clearly stand in the way of people making the best financial decisions and moves.

Mind Over Money: Your Path to Wealth and Happiness presents a compilation of common financial obstacles (overspending, investing errors, working harder thinking that more money will solve problems, spousal disagreements over money, etc.) and proven methods for developing and retaining the best financial habits. The book also synthesizes research that explains why we do what we do and who is most at risk and why for certain behaviors. The book takes a holistic approach to fitting money and financial decisions into your life.

Mind over Money offers proven solutions you can use to stop self-defeating financial habits and get yourself onto the right path. Too many people end up unhealthy, overstressed, and without significant financial resources despite decades of long work hours. Are you giving sufficient attention to your family, personal life, happiness,

values, and health? Mind over Money explains how you can achieve both your financial and personal goals and is written to show how you can successfully relate to and deal with money — and each other.

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