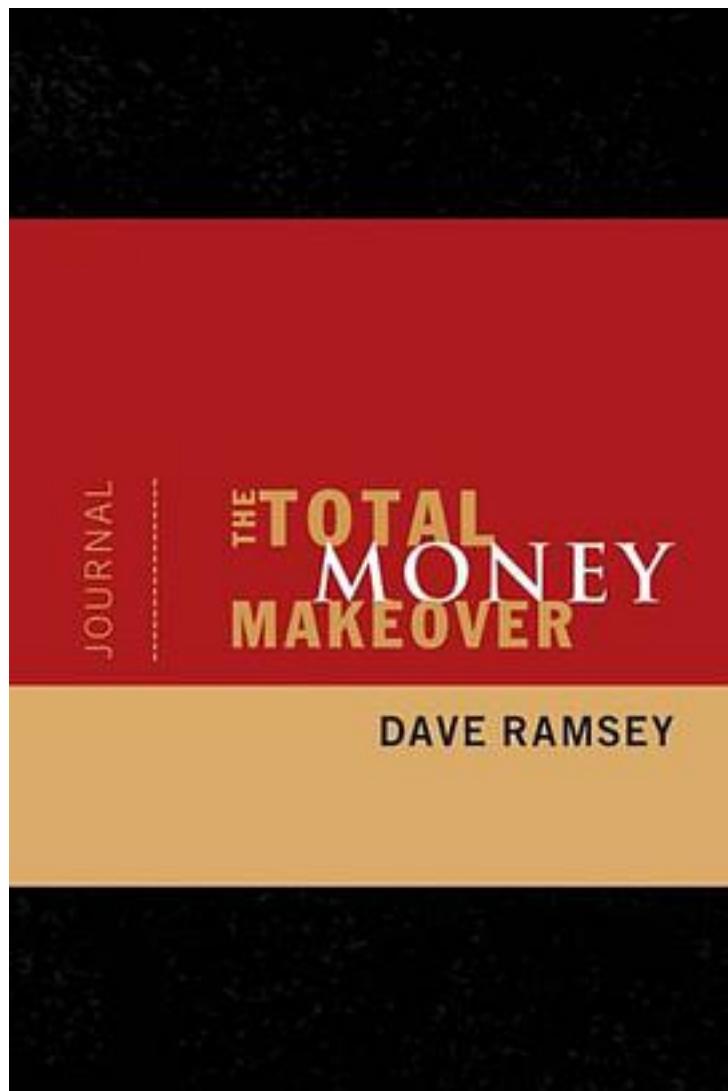


# The Total Money Makeover Journal



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When Dave Ramsey was experiencing his own Total Money makeover, he found that journaling was very helpful and effective. Dave says, "Take this journal and record everything happening that seems like a big deal. Record the relationship issues, the debt, the emotions, the setbacks, the victories, and anything else that seems important at the time. "The immediate benefits of writing everything down are twofold. First, writing helps you process the problems and victories. The second immediate benefit of journaling is that you can reread your entry just days-even months-later and gain vital perspective on your progress. "Write it down. You will be glad you did."

作者介绍:

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标签

评论

我不是说他错，基本上这种让人懂得债务的坏处，应该如何累积资本的，都是大方向非常正确的。可是在读了一些关于收入的书之后，才发现，这还只是一半的路，或者说仅仅这样，还不够MAKEOVER。

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书评

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