

The Financial Diet A Total Beginners Guide To Getting Good With Money

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The Financial Diet is the personal finance book for people who don't care about personal finance. Whether you're in need of an overspending detox, buried under student debt, or just trying to figure out how to live on an entry-level salary, The Financial Diet gives you tools to make a budget, understand investments, and deal with your credit. Chelsea Fagan has tapped a range of experts to help you make the best choices for you, but she also knows that being smarter with money isn't just ...

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~~Home — The Financial Diet~~

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Lastly, check out our book, The Financial Diet: The Total Beginner's Guide to Getting Good With Money. Released in January 2019, it was named one of Refinery29's best books of 2018 and has been positively reviewed by The New York Times, Elle Magazine, and many other places. But enough about us!

~~About The Financial Diet—The Financial Diet~~

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The Financial Diet talks about personal finance in a way that doesn't make you want to curl up in a ball and cry. Everything you wanted to know about money +...

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So The Financial Diet gives you the tools to negotiate a raise and the perfect cocktail recipe to celebrate your new salary. The Financial Diet will teach you: ? how to get good with money in a year. ? the ingredients everyone needs to have a budget-friendly kitchen. ? how to talk about awkward money stuff with your friends. ? the best way to make (and stick to!) a budget. ? how to take care of ...

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The Financial Diet : A Total Beginner's Guide to Getting Good with Money. 3.45 (3,571 ratings by Goodreads) Paperback. English. By (author) Chelsea Fagan , By (author) Lauren Ver Hage. Share. *A Refinery29 Best Book of 2018*. *One of Real Simple's Most Inspiring Books for Graduates*.

~~The Financial Diet : Chelsea Fagan : 9781250176165~~

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Helen McKenna sits down with Marvin Rees, the Mayor of Bristol, to explore his approach to place-based leadership, the NHS's role as a 'place-shaper' and the city's experience of Covid-19. The second wave of Covid-19 offers new as well as ongoing challenges for the health and care system ...

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A Refinery29 Best Book of 2018 *One of Real Simple's Most Inspiring Books for Graduates* *Indie Personal Finance Bestseller* How to get good with money, even if you have no idea where to start. The

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- how to get good with money in a year.
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- what the hell it means to invest (and how you can do it).

Offers a humorous perspective on the life of a misplaced twenty-something, sharing advice on finding and keeping a job, making friends, and surviving adulthood.

Lack of financial know-how is hitting us hard. We aren't saving enough money for the future, are stuck paying over the odds for goods, and drowning in debt; so how do we take back control of our money? In *The M Word*, expert and go-to commentator on financial issues, Lisa Conway-Hughes tackles the negative stigmas when it comes to our money. With over a decade of experience, Lisa explains that the secret to good financial wellbeing is all about breaking bad habits, but in a way that feels empowering - not disapproving. Each chapter will cover a separate money-related topic, with helpful tips, practical activities and space to journal your progress and measure your successes. From demolishing your debt and getting on the property ladder, right through to funding a once-in-a-lifetime trip, de-tangling your finances from your partners, and how exactly to ask for a pay rise that will make a difference. Whether you want to get savvy about closing the gender pay gap, secure a profitable pension, or simply avoid the lure of over-priced products - it's time to stop beating yourself up, transform your mind-set, and take those small steps that can change your life in a big way. The definitive guide for anyone wanting to start their journey to a more informed and empowered future, *The M Word* will not only overhaul your money management, but enhance your wellbeing in the process.

An illustrated, practical guide to navigating your financial life, no matter your financial situation "a potent mix of deeply practical and wonderfully empathetic" —Erin Lowry, author of *Broke Millennial* "one of the most approachable financial books I've ever read." —Refinery 29 We are all weird about money. Whether you have a lot or a little, your feelings and beliefs about money have been shaped by a combination of silence (or even shame) around talking about money, personal experiences, family and societal expectations, and a whole big complex system rigged against many of us from the start. Begin with that baseline premise and it's no surprise so many of us find it so difficult to save enough money (but way too easy to get trapped in ballooning credit card debt), emotionally draining to deal with student loans, and nearly impossible to understand the esoteric world of investing. Unlike most personal finance books that focus on skills and behaviors, *FINANCE FOR THE PEOPLE* asks you to examine your beliefs and experiences around money—blending extremely practical exercises with mindfulness, and including more than 50 illustrations and diagrams to make the concepts accessible (and even fun). With deep insider expertise from years spent in many different corners of the financial industry, Paco de Leon is a friendly, approachable, and wise guide who invites readers to change their relationship with money. With her holistic approach you'll learn how to:

- root out your unconscious beliefs about money
- untangle the mental and emotional burden of student loans to pay them off
- use a gratitude practice to help you think differently about spending
- break out of the debt cycle and begin building wealth

This book is for anyone who feels unseen, ignored, or bored to death by the way personal finances are approached and taught, and is ready to go on a journey of self-discovery and step into their financial

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power.

A strategy for changing attitudes about personal finances covers such topics as getting out of debt, the dangers of cash advances and keeping spending within income limits.

A guide to investing basics by the author of *Broke Millennial*, for anyone who feels like they aren't ready (or rich enough) to get into the market Millennials want to learn how to start investing. The problem is that most have no idea where to begin. There's a significant lack of information out there catering to the concerns of new millennial investors, such as: * Should I invest while paying down student loans? * How do I invest in a socially responsible way? * What about robo-advisors and apps--are any of them any good? * Where can I look online for investment advice? In this second book in the *Broke Millennial* series, Erin Lowry answers those questions and delivers all of the investment basics in one easy-to-digest package. Tackling topics ranging from common terminology to how to handle your anxiety to retirement savings and even how to actually buy and sell a stock, this hands-on guide will help any investment newbie become a confident player in the market on their way to building wealth.

Your Guide to Wealth and Success Live your wealthiest life: Sometimes the best way to stick it to the man is by doing well for yourself. There's just one problem: it's hard to do well for yourself when systemic oppression has placed innumerable hurdles between you and your aspirations. The *Feminist Financial Handbook* provides real motivation and resources for real women who may be struggling?not only those who have already accumulated wealth. Overcome obstacles: The *Feminist Financial Handbook* provides actionable tips for women in business to overcome these obstacles without dulling the visceral experience of the real-life struggles women face as they try to master their money management and their lives. Because women's experiences don't exist in a vacuum relegated to their gender, the handbook explores financial issues with anecdotes and perspectives of women of different races, sexual orientations and abilities. Find the answers to your money questions: Whether you want to learn more about general financial planning principles, like saving or earning a higher income, or delve into issues that disproportionately affect women, like the wage gap or the long road to economic recovery after experiencing domestic violence, The *Feminist Financial Handbook* has stories and advice from women who have been there, worked through the struggle, and achieved personal success. Learn from the frontrunner of the *Femme Frugality* blog: Written in the same passionate tone that has made *Femme Frugality* a two-time nominee for Best Women's Finance Blog, The *Feminist Financial Handbook* acknowledges the financial struggles and oppression modern women face while providing actionable steps to live your wealthiest life and achieve personal success. The *Feminist Financial Handbook* presents a feminist view on finances relevant to a post-Recession economy. This book will walk you through how to:

- Decide what wealth and success means for you
- Learn how to earn more and negotiate effectively
- Master manageable money-saving methods

When were you last happy with your finances? Create lasting happiness with your financial situation — not by creating a blistering budget but by living the life you love! Ashley Feinstein Gerstley was working in financial services when she came to the shocking realization that even she was stressed about her personal finances. How could that be, with all her education and experience in dealing with money? Ashley quickly realized that her stress didn't only arise from a lack of knowledge but the way that we as a society treat and talk (or rather don't talk) about our money, and she created a system to turn the entire practice on its head! Through Ashley's system, in just 30 days you will have created a healthier, happier relationship with your money by: Eliminating all money stressors Finally knowing where your money is going Breaking those panic-inducing bad money habits Learning the basics of how and where to invest Making a plan that you can not only live with but enjoy Readers who have tried the 30-Day Money Cleanse have, on average, saved over \$950 through the course of the month! Are you ready to cleanse?

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Debunks nine myths about effective money management and describes the principles that lead to true financial success and prosperity.

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