



**BUDGETING & MONEY MANAGEMENT:
Living Well, Spending Less: Enforcing a
Successful Spending Ban - Confessions, Tips and
Motivation from a Recovering Shopaholic ...
Money How to Save Money How to Spend Less)**

K. Elizabeth

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****BUDGETING, MONEY MANAGEMENT, PERSONAL FINANCE****

FOUR MONEY MANAGEMENT & SELF IMPROVEMENT BONUS BOOKS INCLUDED! Living Well, Spending Less: Enforcing a Successful Spending Ban - Confessions, Tips and Motivation from a Recovering Shopaholic

I remember the time. Clearly. Vividly.

I would get this feeling. In my gut. It would be almost like a tingling sensation in my hand. The sensation, the want to spend some money and to bring home something that I didn't really need.

I also remember the times when I would see something. In a magazine, in a store display or in an advertisement and I would not be able to get it out of my head. It got so bad that it would even haunt my dreams.

Does it sound like your life story to you?

Well then you have come to the right place. Having struggled with a compulsive shopping problem for years, one day I decided enough was enough. I was running out of space, my finances were low and it was more trouble than it was worth. I took the decision and I pulled through. However the journey had not been easy.

Realizing that, I decided to put together this book to help out my fellows who are struggling out there.

Having suffered personally, this book is a very up close and personal account of how to enforce a spending ban so that you can achieve some peace of mind. I have included all the tips, tricks and shortcuts that I found helpful and I am sure that you will find them helpful as well.

If you are sick, tired and frustrated of your impulse purchases and want to stop right now, then get this book and take your first step towards a life of healing, happiness and prosperity.

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