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*(Mrs. Winifred Fritsch)*

## 30 DAYS TO DROP A BAD SPENDING HABIT: A MINDFULNESS PROGRAM WITH A TOUCH OF HUMOR (PAPERBACK)

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Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Have you ever heard the saying, "Money is power," and believed it? Do you have a spending habit that is causing you to save less and less? Do you even know where your money is going, or how it's being spent? This mindfulness guide doesn't teach you budgeting, personal finance, or investing (there are many other books that do that - and we encourage you to read them); however, this short mindfulness program gets to the root of the issue: an unhealthy attachment to spending. Get in control of your spending by working through the exercises and lessons in this 30-day mindfulness guide. Awaken to a life that is free from compulsive spending, fear of money, and financial anxiety. (Check out more of our mindfulness guides at . Share with those you love!) \*\*\*\*\* Mindfulness is a practice that has been around for ages, and has effectively changed the lives of many, especially when joined with cognitive behavioral therapy (CBT). The exercises in our guide books incorporate fun, common, and unique techniques that stem from old teachings as well as CBT. Most of our guide books focus on overcoming adverse attachments, so that you can live your best life possible and rediscover happiness. Our approach is to keep it simple. Mindfulness does not have to be a complicated, strenuous, or confusing practice. As we like to say, there isn't a grand goal of enlightenment that you must reach to discover happiness, fulfillment, and peace. Believe it or not, you have happiness in the present moment, and that's what our guide books will help you discover. You have nothing to lose by trying mindfulness, and we hope you start with one of our fun guides. We also hope that you share our books, and what you'll...



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