# **21 DAY FINANCIAL FAST BOOK**



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How to Use a 21-Day Financial Fast to Improve Spending Habits. By. Jacqueline Curtis. Views. 11.1K. Shares. 54. In The 21-Day Financial Fast: In her book, Singletary doesn t recommend fasting for more than 21 days. It s enough time to save a little money and highlight areas where you can change your spending habits.

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The purpose of this financial fast is to help us 1) Gain a new perspective on how we use money. 2) Gain a new level of discipline in your use of credit. 3) Develop a deeper atitude of gratitude. for a richer experience, This information is redacted from the book The 21 Day Financial Fast by Michelle Singletary

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#### Financial Fast How to go on a 21 day fiscal diet CBS News

"Financial Fast": How to go on a 21-day fiscal diet three weeks and start a "financial fast." Singletary discussed her new book, got the idea for the 21-day financial fast after doing a

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