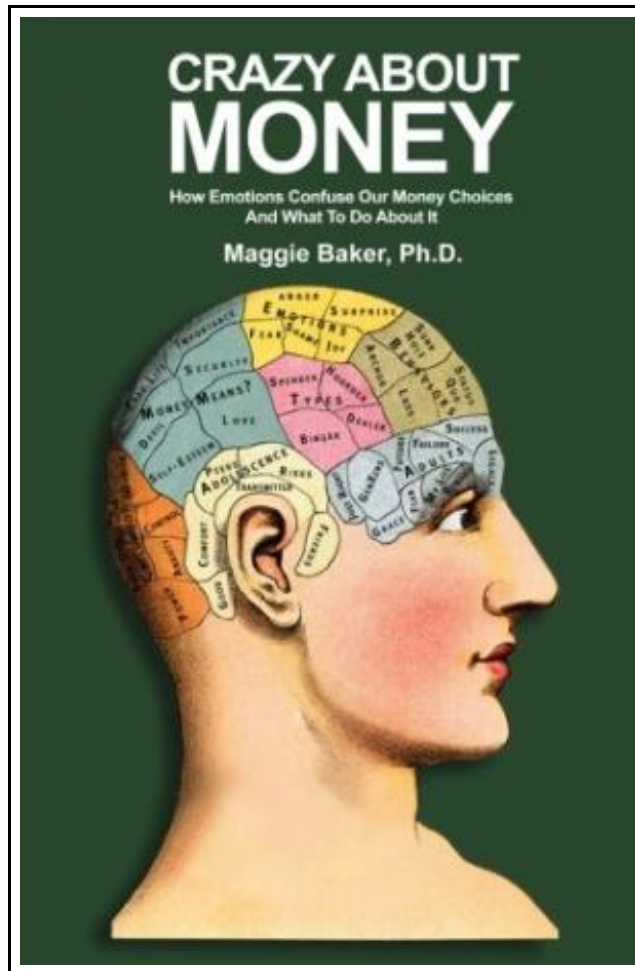


Crazy about Money: How Emotions Confuse Our Money Choices and What to Do about It



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CRAZY ABOUT MONEY: HOW EMOTIONS CONFUSE OUR MONEY CHOICES AND WHAT TO DO ABOUT IT



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Holistic Wealth Press. Paperback. Book Condition: New. Paperback. 378 pages. Dimensions: 8.4in. x 5.4in. x 1.0in. Many of us are crazy about money. We spend too much of it and save too little. We hoard it and we sink into debt over it. We lavish it and are stingy with it. We lie about it and fight over it. We think about it all the time and we avoid thinking about it at all. What makes us act this way We like to believe that our choices and actions are guided by rationality and common sense. But in fact, reason and common sense often have little to do with our money behavior. Even trained financial professionals can be crazy about money. Rather, our decisions are governed by our emotions and money beliefs. If these emotions and beliefs are balanced and clear, we will act wisely with our money. If they are confused, we will make poor decisions, creating financial havoc and deep unhappiness. Crazy About Money helps you identify the unconscious emotions and beliefs that typically develop in childhood and drive your money decisions as an adult. It also shows you how to change misguided attitudes that lead so many people into money trouble. Crazy About Money uses real and composite cases drawn from author Maggie Bakers 30 years of clinical psychology practice. Youll learn about Mary, who has a basement full of useless Internet purchases she made to get even with her seemingly indifferent husband. And about Harry, an 89-year-old multi-millionaire bachelor who nearly decided to move into a state-assisted living facility for fear he would run out of money. You will also meet others who, perhaps just like you, over-spend, under-save, and make poor investment decisions. In-depth discussions explain how many people, once they understand their motivations, are able...



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