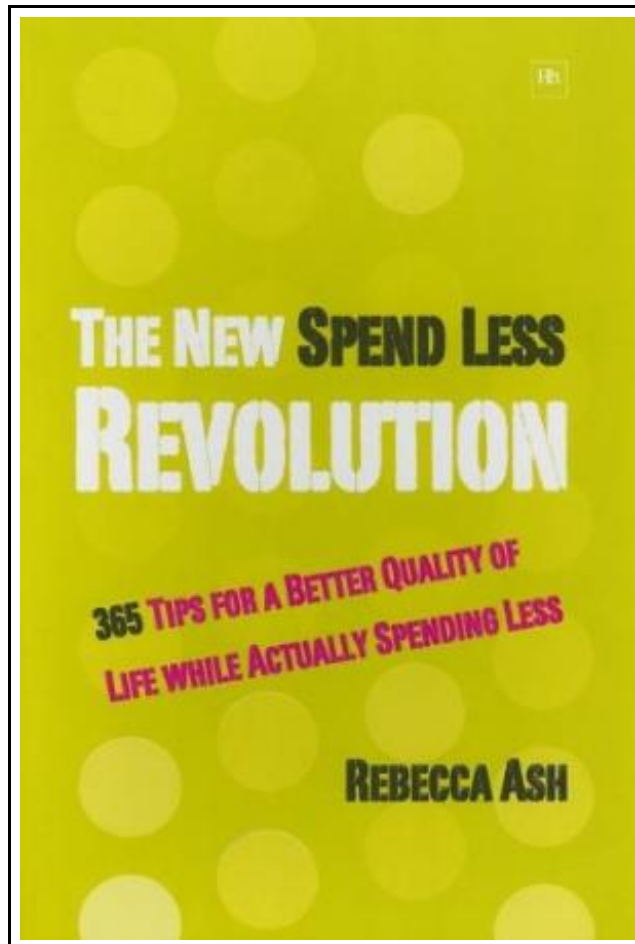


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THE NEW SPEND LESS REVOLUTION: 365 TIPS FOR A BETTER QUALITY OF LIFE WHILE ACTUALLY SPENDING LESS



Harriman House Publishing. Paperback. Book Condition: new. BRAND NEW, The New Spend Less Revolution: 365 Tips for a Better Quality of Life While Actually Spending Less, Rebecca Ash, A year's worth of money-saving, life-improving tips! This book is about how you can live on less, spend less, and yet be far richer and happier for it. That is not to say that this is a book about going without, living the life of an ascetic monk or never succumbing to the desire to buy a Paul Smith shirt or a plasma TV. In fact, this book is about how you can actually have and enjoy more in your life than you have today while dramatically reducing the financial expenditure it takes to achieve it. By spending less you really can have more. Right now you may be feeling weighed down by the endless expenses and financial worries that can dominate our lives. We enjoy a larger abundance of material goods and wealth than we have ever had before. Yet worrying about money is still the single biggest causes of stress - a condition that affects over a million people in the UK and accounts for 1 in 4 visits to a doctor's surgery. The good news, however, is that you can choose to resist the imperative to grow richer and richer, heavier and heavier, yet increasingly hassled and dissatisfied. You do not have to succumb to the pressure to forever earn more, spend more and pay more for everything. You can substitute the clutter of excessive possessions and expenses with a new and elegant simplicity that allows you to appreciate the power of less. By taking on a new attitude to money and possessions, you can go from feeling as if you are leaking money every time you leave the...



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