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# Money, A Love Story: Untangle Your Financial Woes And Create The Life You Really Want



## Synopsis

Having a good relationship with money is tough - whether you have millions in the bank or just a few bucks to your name. Why? Because just like any other relationship, your life with money has its ups and downs, its twists and turns, its breakups and makeups. And just like other relationships, living happily with money really comes down to love - which is why love is the basis of money maven Kate Northrup's book. After taking the Money Love Quiz to see where on the spectrum your relationship with money stands - somewhere between "on the outs" and "it's true love!" - Northrup takes you on a rollicking ride to a better understanding of yourself and your money. Step-by-step exercises that address both the emotional and practical aspects of your financial life help you figure out your personal perceptions of money and wealth and how to change them for the better. You'll learn about thought patterns that may be holding you back from earning what you're worth or saving what you can. You'll learn how to chart your current financial life and create a plan to get you to where you want to be - whether that's earning enough to live in a penthouse in Manhattan or a cabin in the Rockies. Using client stories and her own saga of moving from \$20,000 of debt to complete financial freedom by the age of 28, Northrup acts as a guide in your quest for personal financial freedom. She'll teach you how to shift your beliefs about money, create a budget, spend in line with your values, get out of debt, and so much more. In short, she'll teach you to love your money, so you can love your life.

## Book Information

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## Customer Reviews

Kate Northrup is young enough to be my daughter, yet there are many tools and exercises in this

book that have helped me to change the way I think about myself. I have worked hard over the years to increase my income and it wasn't easy, but with the exercises in these chapters I was able to access old limiting beliefs that I didn't even know I still had and work through them to change my perspective and increase my income. I highly recommend this book - it is written for and about women. We gals think differently about money than men and need to hear clear steps and processes that speak directly to us and that's exactly what this book does. Kathi Casey, author of *STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye!*

After reading *MONEY A LOVE STORY* there are a lot of ideas to digest and go deep in my understanding of money beyond the academic way. The first action is to take a quiz to know where you are right now about your relationship with money. I think the book works pretty well even from the title to heal finance issues. What does love have to do in the equation? Kate Northup explains it in the first chapter. Along the book you will find exercises to work with all the ideas that the author writes about. Although, she mentions other authors that have helped her in her journey to financial freedom and that will be checking out as well.

I don't usually write reviews but I felt compelled to leave one for this book. I've always struggled with spending more than I earn due to just not paying attention to what I'm spending. I was a bit hesitant about buying this book but boy, am I glad I did! I can honestly say it has completely changed my life with money. I feel so much more in control of my spending and confident about the future. I am no longer living paycheck to paycheck and I couldn't be more proud of myself. There are a lot of exercises in this book to help you understand your relationship with money and though I usually skip through these exercises, I decided to give them ago. I would highly suggest that you complete these exercises as this is what will change your outlook on finances rather than just the reading. I would highly recommend this book to anyone who wants to get their finances back on track! I really can't say enough good things about this book.

Most of the concepts weren't new to me, and I was prepared for that. Just couldn't handle the author's tone. Had to force myself to keep focusing on the essence of what she was saying and manufacture compassion. She would have been better off just giving advice as a successful woman. Instead, she keeps referring back to "her story" which she apparently thinks will qualify her to advise people. But her story is basically that she was born into wealth, never wanted for anything, let her mom support her until that didn't feel good anymore, and carried some credit card debt for a

while - all while she was still making six figures. (gasp!) It just didn't resonate with me. I left the book in my laundry room downstairs.

I needed this book so badly and didn't realize how unhealthy and unproductive my perspective on my money was until I read this book. Thank you for this!!

Although my debt was nearly 2 million verses her \$20,000The message was the same. Love the way she simplifies things and to pay a debt based on its feeling verses the interest rates or terms.

Absolutely amazing book! The exercises are simple and powerful and the process led me through the exact steps and issues I've been facing with money. Kate gives the perfect balance between loving encouragement and tough love to get you to honestly face your money issues, yet have the courage to get through them to the other side. Kate is not too serious and blends in good doses of humor throughout the book to keep you deeply engaged. I highly recommend you not only read the book, but do all the exercises, even if you do them slowly over time.

An excellent take on the topic and a breath of fresh air for those who want to delve a little deeper into their relationship with money. This is a very interactive book, with lots of useful exercises. I worked through each one diligently and got a lot out of it, though I think you would still find the book fascinating without doing so. Kate Northrup brings together the best of New Thought and pop Psychology with straight good advice about money. She does so in a way I haven't found in other books on the topic so far and I've gained an immense understanding of my own relationship with money as a result. Well worth it for the open minded and those who are sick of feeling powerless about their finances.

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