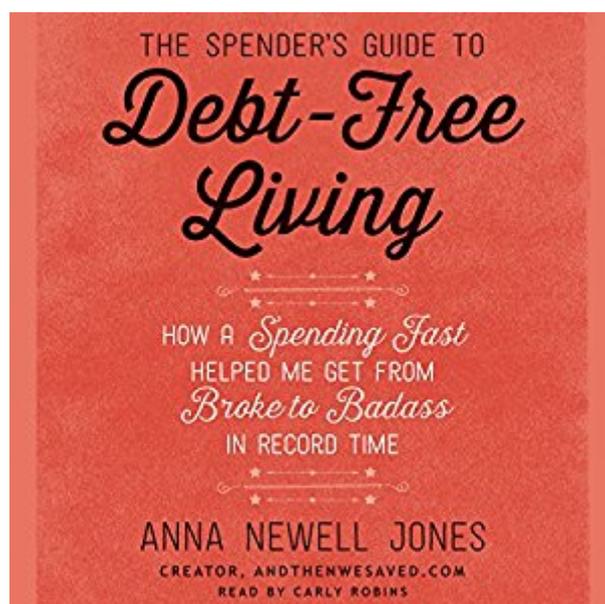


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# The Spender's Guide To Debt-Free Living: How A Spending Fast Helped Me Get From Broke To Badass In Record Time



## Synopsis

Popular blogger Anna Newell Jones of AndThenWeSaved.com delivers this self-help manifesto that reveals how a "spending fast" will help you get on the road to living debt free. In 2009, young photographer Anna Newell Jones was rapidly suffocating under the weight of too much debt. An inveterate spender, she was in way over her head, to the tune of almost \$24,000. She knew her debt was only going to get worse if she didn't take action, but she didn't know where to look for help. On a whim, Anna decided to go on a spending fast - an idea she heard in passing but knew little about. Creating her own method, she learned what worked and what didn't and wrote about it on her blog, AndThenWeSaved.com. Amazingly, Anna was able to eliminate all \$23,605.10 of her debt in only 15 months! She was interviewed in Forbes, Self, Glamour, Good Housekeeping, and the Chicago Tribune. Anna's journey inspired people and showed them that they too could change the way they dealt with their own money woes. The Spender's Guide to Debt-Free Living takes listeners through a detailed, step-by-step plan on how to do a spending fast and get out of debt, including:

- Creating a personalized debt-free life pledge
- Understanding where your money is going when you're in debt and where it will come from to pay it off
- Learning why putting money into a savings account before (or while) paying off debt may not be the best idea for you
- Finding additional income sources and generating side gigs
- Reintegrating spending into your life once you're out of debt so that you stay out of debt

Filled with do-it-yourself ideas, insight from experts, and tons of motivational tips and real-life practical advice, The Spender's Guide to Debt-Free Living proves that you don't have to win the lottery or get a new job to change your life.

## Book Information

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Money Management #102 in Books > Audible Audiobooks > Nonfiction > Reference

## Customer Reviews

I just finished reading Anna's book and i really liked it. Not everything relates to me or my debt, but there are tons of tips and ideas in the book that i can use. For example, at the very end she gives you a list of 150 things to do besides spend money including washing your car, write someone a letter, bake cookies, lie in the grass and watch the clouds, pet your cat/dog, go on a hike, Netflix binge, dance, go for a bike ride, etc. I even added a few of my own when i made my own personal list like kiss my kids and call my parents/sibling. It really opened my up to the fact that there really are a billion other things that are better in life than buying something i don't need. She also discusses the way you will feel so much better once you are out of debt because now you can save more or put money towards a house or vacation or whatever you want. Anna Newell Jones also hits the nail on the head when she mentions that you are going to see your finances differently once you are done paying and paying off debt. Before i read this book, i was already in the process of paying down debt my own which has been working just fine, my system just needed a little tweaking... enter Anna's book... and while paying down my own debt i began to see money so differently. Not more important per se, just something that really did matter. I have kids and can't afford to be spending like its my day job because frankly its not. I'm a Navy wife with limited income and bills to pay and so i relate to Anna when she mentioned in the book that you are going to appreciate your money more and be careful what you are buying. The Needs and Wants lists were also dead on.

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