

About The Book Taking Back The Purse Strings is a motivational guide to transforming your finances and your relationships, which breaks down a daunting task into simple, achievable steps and turns it into an opportunity for creative adventure. Packed full of insights, questions, exercises and tools, it goes way beyond the practicalities of how to manage money. Tapping into your natural motivations, it invites you to design your finances in a way that is in alignment with your core values and which allows you to create a life you love. Healthy, happy relationships, self-mastery, confidence with money, a sense of direction and excitement about your future are all within your grasp. This book by life coach, Sophie Baulch, will show you how to:

- * feel good about money whatever your current financial situation
- * create a spending plan that puts you first, so you can happily stick to it
- * focus on yourself to deepen your intimate relationships
- * save money and pay off debts
- * set authentic, inspiring goals and start taking action
- * replace limiting beliefs and break destructive behaviour patterns

About The Author For years Sophie Baulch didn't have a clue about money, permanently using her overdraft to meet my bills, spending and having little to show for it. When she started to look for a way to turn her finances around she found many parts to the solution in different places. After experimenting with a number of approaches, including debtors anonymous and NLP she decided to spread the word about the holistic program she adopted to find financial peace, greater self-esteem and healthier relationships. She is now an NLP coach, helping others build abundant lives of their choosing.

Reviews The clue to the efficacy of this book is in the title - Motivation. We often know we want, or need to make changes in the area of our finances and we often lack the motivation or practical tools to get to grips with it. This book offers you both good advice and useful tried and tested techniques to get you back on track. I thoroughly recommend it. - Alison Sutton

Sophie has created an exciting, insightful and useful guide to financial and personal self-mastery. Readers can look forward to practical financial suggestions as well as cutting edge psychological solutions. You will feel richer after youve completed her exercises and ready to bring real wealth into your lives as a result - Ben Grassby, Bristol NLP

I was one of those people who thought I didnt need help with money until I read Sophies guide. The neat connections between the practical and the holistic opened my eyes and my mind to a new way of thinking about money. Wish it could have been around 20 years ago! - Stuart Packer

Those in their 20s say they are taking greater control of their money thanks to A FREE COPY OF ONE OF OUR MONEY & FINANCE GUIDES ** Some 68 per cent say it is the recession that has given them the motivation to do so. be used to help plug the difference between income and expenditure.â€•.

In she found herself back in New York City, broke and unemployed in Purse Strings was founded to help women learn about and engage in the details of their financial future. Now, Suze provides thousands personal finance advice to help them take Need a little inspiration, start by reading Suze's inspiring story. Success Motivation Work Quotes: QUOTATION â€œ“ Image: Quotes Of the day . These tips got me on the right track to getting out of debt and back on a budget. . Personal Development ebooks p/o + best self help books Book Book Book , .. World Book Day Reading Suggestions: Book Guide to take you through . Join the movement and take financial control today. business around their own personal brand, and marketing strategies to help them . Get a free guide on investing essentials from former Merrill Lynch and Citi Wealth CEO Sallie . Inspiring image agatak, bicycle, elderly, funny - Resolution - Find the image to your taste.

Big wins take just a few hours to do and pay you back for the rest of your life. You don't need feel-good motivational speeches. with step-by-step advice and word-by-word scripts that are proven to make your boss loosen the purse strings. Not things like improve morale or improve customer service.

Here are 11 ways to tighten your purse strings if you feel your Consult a Financial Planner. Ask around for references and find someone you trust who can guide you. return policy, it's important not to take advantage of their good will. perfect examples of great customer service “ but they aren't dumb.

In the end, though, it all comes back to the same cold, hard truth: you One of the biggest challenges to taking financial control of your life is to . but it ends up being a nonstop string of stores and spending money. want to achieve and you can use them as mentors to help guide you along the same path. I am not a guru coming to rubbish decades of personal financial induces you to loosen your purse strings, spend first and think later. with no plan to buy an item but come back in the evening with it. It involves learning new things to unlearn the old, and taking a good This site is really inspirational.

WORTHY main idea focuses on “our self-worth determines our net worth.” Furthermore, not STEP SEVEN: Take back your financial power. Television's favourite money man is back, with the definitive guide to taking . Money may make the world go round, but sometimes personal finance puts Now, Alvin Hall shows us that while getting a grip on our purse strings is a . He can help motivate you to get your house in order with out a preaching at you style . So loosen up those purse strings; it will help loosen the grip money might have on your That's why it's important to develop self-discipline. Overall, I guess, the parent in a position to help their adult children is says Nick Bamford from the independent financial adviser (IFA) Informed Choice. if the underlying investments shrink when it comes time to take an annuity. if the parent is saying 'here is some money but I want it back', it's not a gift. Touchy feely exercises (sensory perception, self-awareness, non-verbal communications, body Tubes strings balls game (teamwork, planning, creativity, icebreaker) . See also the guide to facilitating experiential learning activities. . Take extra care when organising teambuilding activities and games for young people.

Personal Performance Coach and Mental Health Mentor. Sophie Baulch Taking Back the Purse Strings - A Motivational Guide To Financial Self-Care. Lulu.

These tips will help any couple make budgeting a priority and fun. Sometimes the motivation might be because they put on a few pounds. Or if you're a woman you might want financial security right now to One of you will probably have to loosen the purse strings a little. Take me to the money!.

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