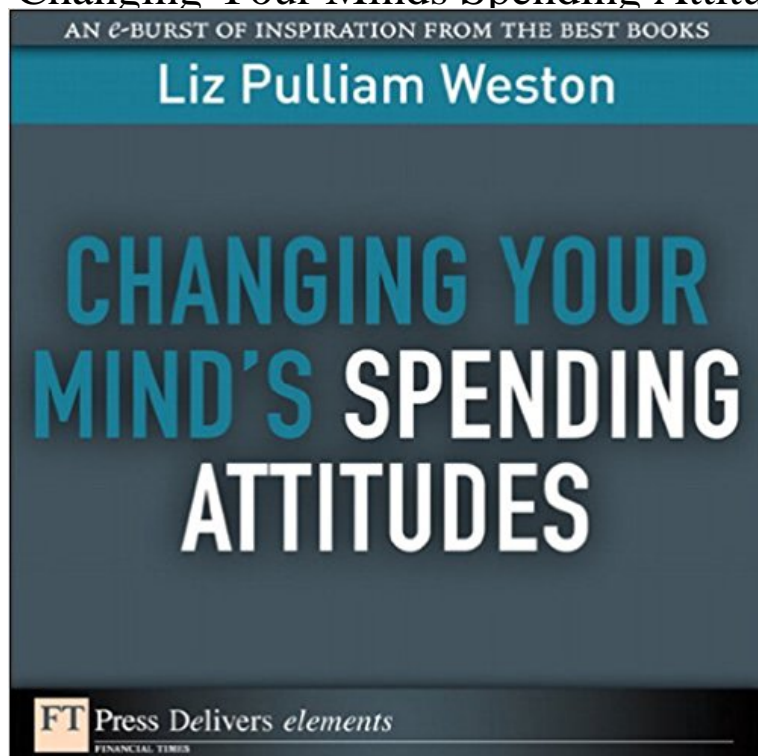


Changing Your Minds Spending Attitudes (FT Press Delivers Elements)



This is the eBook version of the printed book. This Element is an excerpt from Easy Money: How to Simplify Your Finances and Get What You Want Out of Life (9780132383837), by Liz Pulliam Weston. Available in print and digital formats. De-stressing money: how to get beyond the myths, misconceptions, and magical thinking that keep you from moving ahead. Sometimes, our money problems aren't just in our wallets. They're also in our heads. Confronting our misconceptions and replacing them with more accurate perceptions can go a long way toward defusing money anxieties. I'm not talking about magical thinking. I'm talking about positive, realistic thinking, which is the basis for all constructive change.

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Instead, focus your message on the need to change specific,