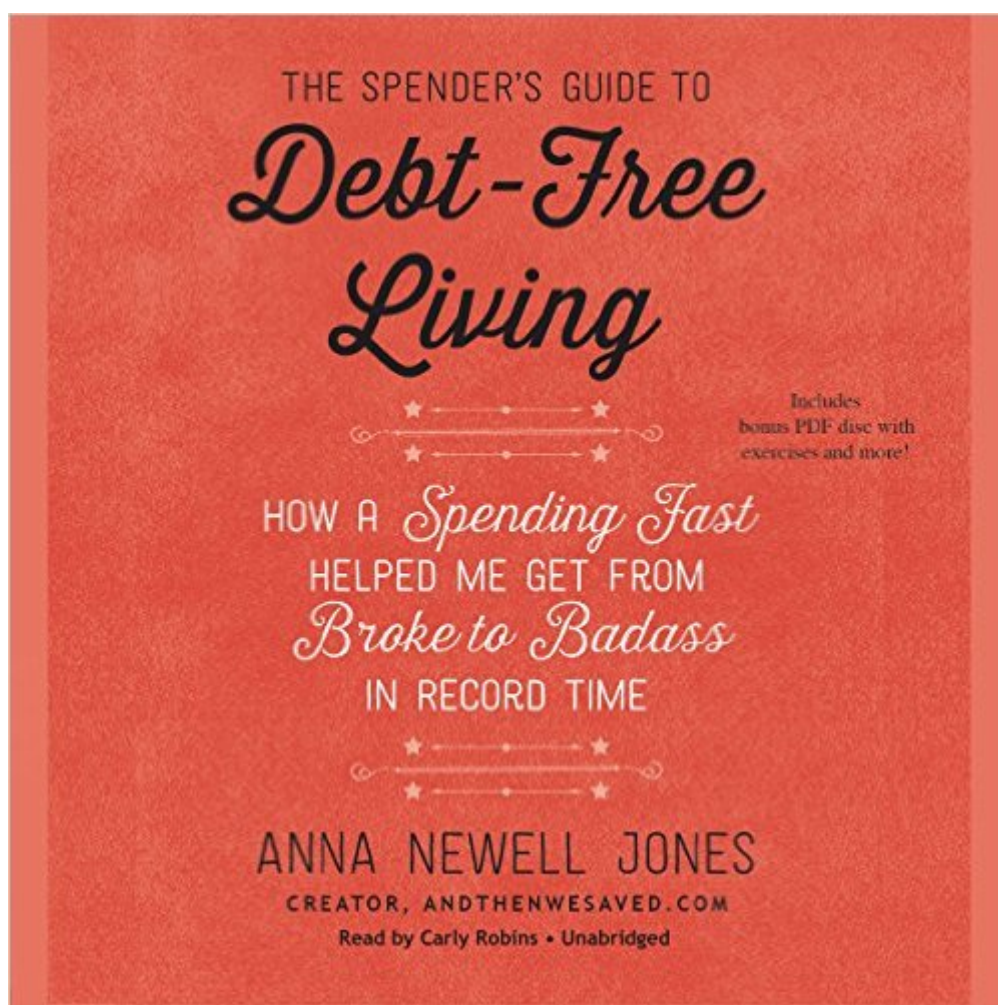


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# The Spender's Guide To DebtFree Living: How A Spending Fast Helped Me Get From Broke To Badass In Record Time



## Synopsis

In 2009 young photographer Anna Newell Jones was rapidly suffocating under the weight of too much debt. On a whim, she decided to go on a "spending fast" an idea she heard in passing. Creating her own method, she learned what worked and what didn't. Amazingly, Anna was able to eliminate all \$23,605.10 of her debt in only fifteen months. The Spender's Guide To DebtFree Living takes listeners through a detailed stepbystep plan on how to do a Spending Fast and get out of debt. Filled with do-it-yourself ideas and tons of practical advice, The Spender's Guide to DebtFree 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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## 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 fasting 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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