



# The Money Anxiety Cure: A Path to Financial Wellbeing (Paperback)

By Koorosh Ostowari

Koorosh Ostowari, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Uncertainty creates anxiety, and we are engaged in a modern collective anxiety known as money anxiety disorder. Money anxiety disorder lies at the heart of so many of the disruptions that occur in our lives, our society, and our world. It can be triggered by events like fluctuations in the marketplace, job loss, employment instability, divorce, or even just struggling to stay on budget. Like the economy itself, our anxiety about money fluctuates. But we dont have to be at the mercy of it. We can learn to cope with unpredictable financial times and silence our panic. There is a cure for money anxiety disorder. The first step to the cure is to get a handle on the practical ins and outs of your money management. Learning how to budget, set financial goals, create a system for paying bills, and plan wisely for retirement are crucial pragmatic tactics that we all must learn if we are to experience peace and security around money. So many of us were raised to believe that financial success and material...



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