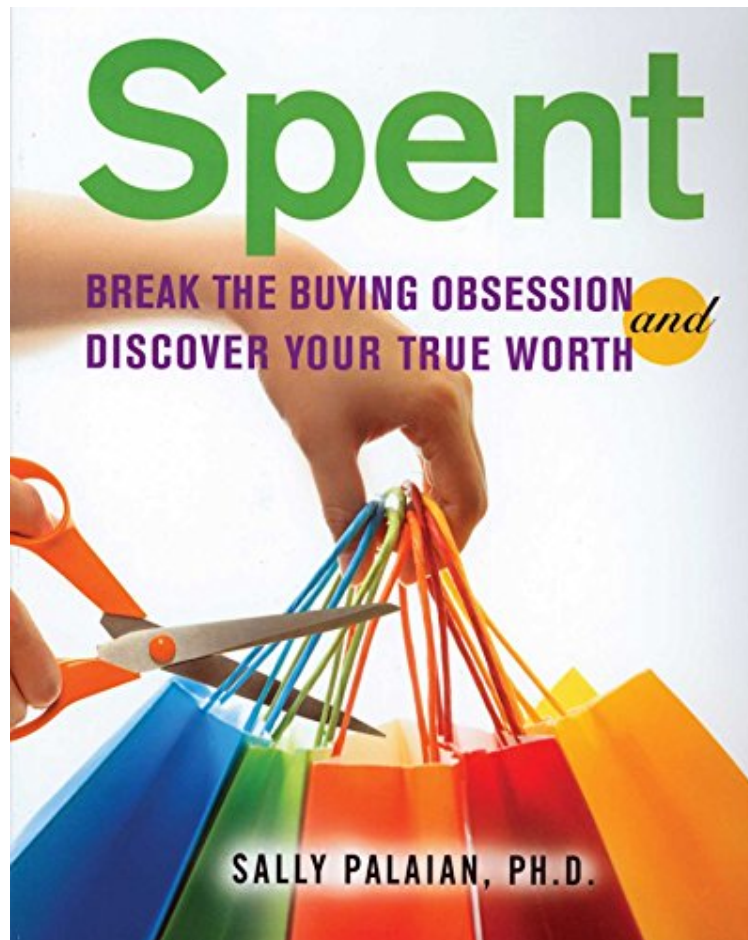


## Spent: Break the Buying Obsession and Discover Your True Worth

*Sally Palaian*

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**Sally Palaian : Spent: Break the Buying Obsession and Discover Your True Worth** before purchasing it in order to gage whether or not it would be worth my time, and all praised Spent: Break the Buying Obsession and Discover Your True Worth:

0 of 0 people found the following review helpful. Now is the time...for some hard \$ work! Wish me luck and wisdom.By CustomerI have always been rather smug, almost proud, of my "ability" for "creative bookkeeping", "obsessive generosity" , and other "flattering excuses" for my money situations. I have never defaulted, overdrawn, missed payments, or asked for money from others, however, now that I am retired, I need to appreciate the changing, more expensive world I live in. I need to revise my "sliding, slippery slope" relationship with my money, and learn compliance with the budget I create every month. Compliance is my weakness, as all my "flattering excuses" are still ready to pop-up in every decision I make. Call it the evil twin analogy, and yes, I am a Gemini, another "financial excuse".This book, Spent, was written for me, as I am actually tired of my own money handling methods. (I can't imagine I am saying this).The author is respectful, but frank, open, realistic. She lays out plans that even I think are workable, simple and straightforward, plans-to-goals, not her goals, but goals the reader admits it is time to set for

oneself. Please, wish me luck and wisdom. I wish you inspiration. Happy New Year. to goals3 of 3 people found the following review helpful. Awesome BookBy Love the Bling!This is one of the best self-help books I have ever read. It has allowed me to see my issues with spending and tracking my money and offers excellent guidance on how to stop overspending. I cannot recommend it more highly. I ordered the book on Kindle and have also ordered a paperback copy that I can pick up and read when I need help. Thank you, Sally Palaian.0 of 0 people found the following review helpful. Great Book and Arrived in Mint ConditionBy Mrs. BBig help with my addictive spending personality. I also buy lots of cheap little things, and never save up for bigger nicer items. This book is a huge help in understanding my habits and personality a lot better. Which is helping me change how I spend. Item arrived in mint condition, easy to read, good product.

Leading psychologist and financial commentator Palaian offers a tested, step-by-step guide to help people break the spending obsession by looking within.Today, Americans are saving less, carrying larger debt loads, losing their homes to foreclosure, and filing bankruptcy in record numbers. Yet, people continue to spend more than they can afford.The advice of financial planners only treats the symptoms of overspending. In Spent, Sally Palaian offers proven plans for taking on a range of personal issues with money by examining those underlying emotional, familial, and societal factors that trigger spending behaviors.Spent teaches readers to control shopping, pay off debt, develop budgets, and become financially competent through:easy-to-use assessment tools designed to pinpoint the severity of a problemquestionnaires that facilitate the exploration of the root causes of unhealthy financial behaviorsuser-friendly exercise created to influence change from withinPalaian's system for financial recovery is also designed to help hoarders, financial codependents, and underachievers attain lasting, positive change and a healthy view of one's true value in life.Leading psychologist and financial commentator Sally Palaian offers a tested, step-by-step guide to help people break the spending obsession by looking within. She has spoken about financial disorders for various therapy associations and has served as an expert in the media on mental disorders and spending, most recently for MSN Money.

About the AuthorSally Palaian, PhD, is a licensed clinical psychologist specializing in the treatment of addictive behaviors. She has spoken about the treatment of financial disorders for various therapy associations and has served as an expert in the media on mental disorders and spending. Spent is her first book.