



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

*Sally Palaiian*

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

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 problem
- questionnaires that facilitate the exploration of the root causes of unhealthy financial behaviors
- user-friendly exercise created to influence change from within

Palaian'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.

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A lot of people always spent all their free time to vacation or maybe go to the outside with them household or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you would like try to find a new activity that is look different you can read some sort of book. It is really fun for you. If you enjoy the book which you read you can spent 24 hours a day to reading a guide. The book Spent: Break the Buying Obsession and Discover Your True Worth it is quite good to read. There are a lot of people that recommended this book. These were enjoying reading this book. If you did not have enough space to bring this book you can buy often the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not very costly but this book features high quality.

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