



Financial Recovery: Developing a Healthy Relationship with Money

Karen McCall

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Financial Recovery: Developing a Healthy Relationship with Money Karen McCall

Whether you are suffering under crushing debt, unable to save money, or caught in the tangle of inherited wealth, Karen McCall's *Financial Recovery* offers a time-tested plan for building a stable and satisfying way of life — and keeping it that way. It will help you make a fundamental shift in the way you understand and behave around money.

Financial Recovery presents a simple system that enables you to discover your underlying attitudes about money — often the cause of self-defeating money behaviors such as overspending, chronic debt, underearning, and low or no savings — and provides the tools, strategies, and support to achieve financial well-being.

Karen McCall has more than twenty years of experience counseling people from all walks of life — people with millions of dollars, people with very little, and people whose means are somewhere in between. *Financial Recovery* will help you develop, and then maintain, full awareness of your spending, earning, and saving activities. It offers strategies for adapting your behavior to meet your most compelling needs, whatever your means. You can start right away using the resources you already have to create a stable and fulfilling relationship with money.

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