



## Healthy Money Healthy You: Get Well Financially to Stay Well Physically

By Andrea Travillian

Smart Step Inc, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How To Reduce Stress and Be Healthy by Managing Your Money Money is stressful. I am sure that this is absolutely no surprise to you. But did you know that the increase in stress because of your money is impacting your health and your happiness. In fact it is increasing your risk for many diseases including heart disease, migraines, insomnia and more. Money will not make you happy. We so wish that money would solve all our problems, but it won't. In fact if you don't already know how to manage your money and if you don't already like yourself then more money will actually do you more harm than good. Ready to reduce stress, be more content and have healthy money? Then this book is for you. In Healthy Money Healthy You we cover why money is stressing you out and impacting your health and happiness today. Money is not just something you can worry about later - it is impacting you and your life today. In Healthy Money Healthy You we...



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