



## Overcoming Overspending: A Winning Plan for Spenders and Their Partners (Paperback)

By Olivia Mellan

Money Harmony Books, United States, 2009. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you or someone you love have trouble saying no when the urge to spend strikes? Are you always living on the edge financially, because your intention to save money is never as strong as your compulsion to spend it? For more than 25 years, Olivia Mellan has been helping couples and individuals understand their attitudes and change their behavior toward money. Now she offers a dynamic, compassionate program to help you understand your relationship with money and tame out-of-control spending by using: self-assessment quizzes that pinpoint the deep-seated causes of overspending innovative exercises and tips on controlling the impulse to spend communication exercises and dialogues to help spenders and their partners heal a relationship distressed by money conflicts inspiring real-life stories of individuals and couples facing and triumphing over harmful spending habits If overspending - your own or a loved one's - is sabotaging your life, Overcoming Overspending is a win-win solution.



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