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## The YOLO Budget: The Ultimate Guide to Saving More, Spending Less and Living a Wealthy and Purposeful Life

By Jason Vitug

Wiley. Hardcover. Condition: New. 160 pages. The YOLO Budget redefines the millennial mantra into a practice of mindful financial decision-making to engineer ones dream lifestyle. There are numerous books, seminars and apps created to address the issue of financial illiteracy but none highlights the fundamental reason why financial knowledge is important. There is a growing movement among personal finance bloggers and educators to refocus financial education from the how to the why. Its important to address the inner motivations and habits that are preventing many from living their dreams. Structured in three parts, the book focuses on the ACT Process: Awareness focuses on understanding their relationship with money in a process to accept past financial decisions and articulate their lifestyle goal. This stage is about financial awareness. Create a Plan is the second stage walking the reader through the budgeting process helping to align the readers financial goals with their lifestyle goal. Take Control is the third stage that focuses on practicing mindfulness and changing habits. The YOLO Budget is a motivational, self-help, and personal finance book geared to people who seek to change their lives through a better understanding of their relationship with money, behaviors and habits, and increased...



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### Reviews

*It becomes an incredible book that we actually have possibly study. It really is rally exciting through studying period of time. I am very easily could get a satisfaction of reading through a written book.*

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*A really awesome pdf with perfect and lucid reasons. It is actually rally fascinating through reading period of time. Your lifestyle period will probably be transform as soon as you total looking over this ebook.*

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