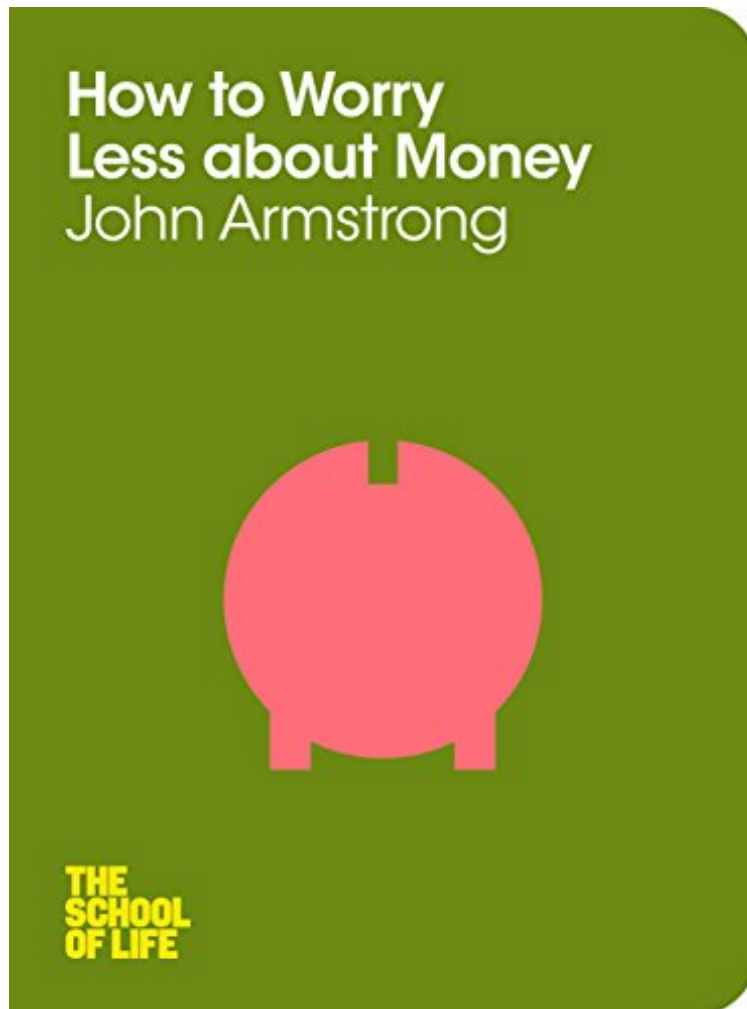


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How to Worry Less About Money (The School of Life Book 9)

John Armstrong, The School of Life
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John Armstrong, The School of Life : How to Worry Less About Money (The School of Life Book 9) before purchasing it in order to gauge whether or not it would be worth my time, and all praised How to Worry Less About Money (The School of Life Book 9):

0 of 0 people found the following review helpful. Money and our relationship
By Krisman Oppusunggu
In order to understand on our worry about money, we need to understand how is our relationship with the money itself. As described in NLP, we need to make a theater of the scene by projecting ourself towards money and how they are related. A good book indeed!
4 of 4 people found the following review helpful. Charming, practical and wise
By Experienced seminar leader
I was captivated from the very beginning of this book, where the author made a most useful distinction between "money troubles" and "money worries." If you spend a lot of energy wishing you had more money, and you have a thoughtful kind of mind, you may find this practical, clearly written book helpful in showing you the roots of your ruminations and the difference between what you want and what you need. Worth keeping and

rereading!7 of 8 people found the following review helpful. This is a terrific little book...By SeawalkerThis book simplifies and clarifies one's relationship with money. To quote: "Our worries - when it comes to money - are about psychology as much as economics, the soul as much as the bank balance." It makes you look at what you truly value and puts money in its rightful place. Worrying about money serves no purpose, as the author points out: "Our natural tendency is to spin from one worry to another; we change topic, as it were, but do not really get anywhere. A more desirable habit of thinking is one in which worries are held in the mind, so that they can be turned into genuine enquiries: WORRIESQUESTIONSANSWERS. I highly recommend it. And the soft rubbery texture of the book cover makes makes holding it in your hands a real pleasure.

Our relationship with money is one that lasts a lifetime, yet traditionally books on the subject tend to take one of two routes: a) how to get more, or b) how to deal with less. John Armstrong turns these approaches upside down, and looks not at money itself, but at how we relate to it and the meaning we attach to it. How does it drive us and frighten us? Can it change the world for the better? And how much do we actually need? Offering surprising and helpful new insights, this book will encourage you to redefine your feelings about money, and ultimately enable you to discover what is really important to you in life. One in the new series of books from The School of Life, launched May 2012: How to Stay Sane by Philippa Perry How to Find Fulfilling Work by Roman Krznaric How to Worry Less About Money by John Armstrong How to Change the World by John-Paul Flintoff How to Thrive in the Digital Age by Tom Chatfield How to Think More About Sex by Alain de Botton

About the AuthorJohn Armstrong was until recently Philosopher in Residence at the Melbourne Business School and is Senior Advisor to the Vice-Chancellor of Melbourne University. He is the author of several internationally acclaimed books on art, aesthetics and philosophy, the latest of which, In Search of Civilization, was published in 2009. The School of Life is a London-based enterprise that is dedicated to the most useful ideas relevant to the dilemmas of everyday life. We consider questions like: How can we fulfil our potential? Can work be inspiring? Why does community matter? Can relationships last a lifetime? We don't have all the answers, but we will direct you towards a variety of useful ideas - from philosophy to literature, psychology to the visual arts - that are guaranteed to stimulate, provoke, nourish and console.