

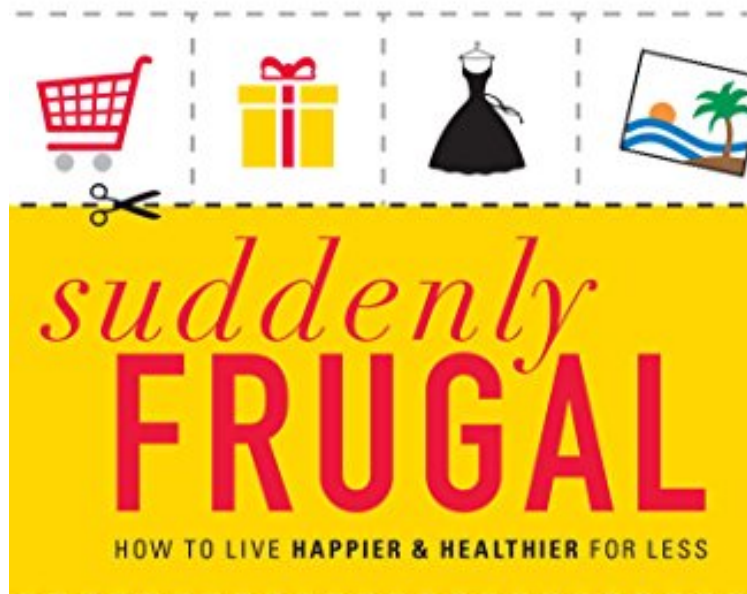
# Suddenly Frugal: How to Live Happier and Healthier for Less

*Leah Ingram*

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"Ingram [is] . . . a harbinger of a dawning Age of Frugality."

*-BusinessWeek*



#### A QUICK-START PLAN TO:

Shift the way you shop

Feed your family healthy, affordable meals  
(they actually want to eat!)

Take a real vacation without breaking the bank

Give your house high-style design for low cost

. . . and hundreds of other ways you can live well on a budget



LEAH INGRAM

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**Leah Ingram : Suddenly Frugal: How to Live Happier and Healthier for Less** before purchasing it in order to gage whether or not it would be worth my time, and all praised Suddenly Frugal: How to Live Happier and Healthier for Less:

6 of 6 people found the following review helpful. Rather ordinary compared with other books like this that I bought...By David Van SyocThis book didn't explore much the word "suddenly" in the title. I thought I'd get some insights into what to do about suddenly needing to greatly lower my spending habits, etc..., a situation I experienced. The rest of the book had good info, even if many were of the "me too" kind.6 of 6 people found the following review

helpful. Great BookBy Lisa C. MannThis book gives you plenty of ideas to help you save money. It was very informative. I recommend this book for anyone who wants to save money.0 of 0 people found the following review helpful. Nothing newBy chris gNothing new.

Many people know one or two things they can do to save money, like cutting back on vacations and meals out, but beyond that, they're stumped. When they look at their current lifestyle, they have no idea where they can trim the fat without sacrificing their quality of life. That's exactly what this guide will do. It will help you identify small, painless changes you can make to your daily habits that can add up to big savings--while bringing you closer as a family. By grouping these money-saving tips into a room of the house or errand on a to-do list, you can immediately put your suddenly frugal plan into action--and instantly begin saving money. By pinpointing the dollar amount associated with each cost-saving step, financial whiz and mom Leah Ingram will inspire you to embrace--and enjoy--your new frugality.

About the AuthorLeah Ingram (New Hope, PA) is the author of several lifestyle books and hundreds of newspaper, magazine, and web articles. She has written for USA Weekend, Parade, and Woman's Day, and has been featured on the cover of BusinessWeek and on The CBS Evening News with Katie Couric. Her blog, SuddenlyFrugal.wordpress.com, averages 30,000 page views a month.