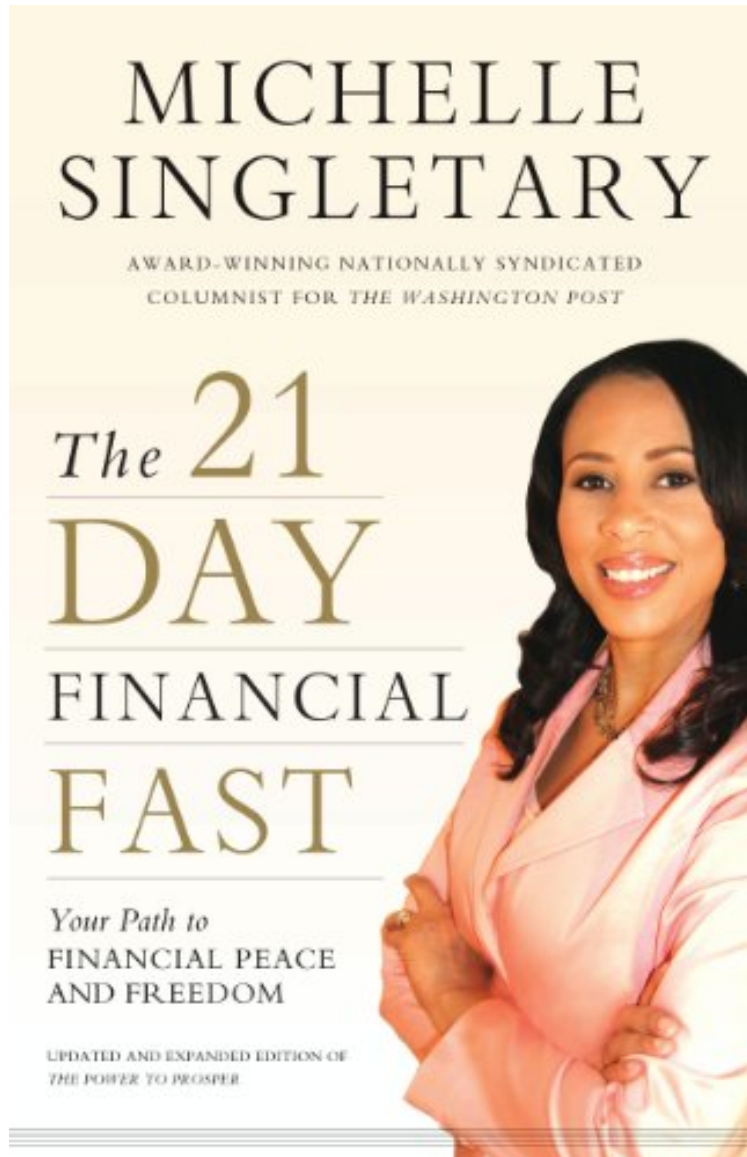


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# The 21-Day Financial Fast: Your Path to Financial Peace and Freedom

*Michelle Singletary*

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**Michelle Singletary : The 21-Day Financial Fast: Your Path to Financial Peace and Freedom** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The 21-Day Financial Fast: Your Path to Financial Peace and Freedom:

106 of 110 people found the following review helpful. Sound financial principals whatever your personal beliefs....By KKJ Of the So since this has somehow become a major point of contention for those who are rating the book poorly, I

will start by saying I am NOT a conservative Christian. No, no, no, no, way. I am a Pro-Choice, Gay Rights, left-leaning dem and I liked this book. The principals behind this book are humanistically sensible! She is teaching you how to get at the root of why you spend like you do and then how to make a plan of action to STOP DOING IT! All while in the midst of the very exercise that at its conclusion can have easily saved you a \$100 plus dollars in 21 days. For her the basis by which she does this is rooted in her faith and upbringing. For you or others reading it may be as simple as the need to get up from under the debt that is "oppressing" you. If you aren't able to look to God for that direction and focus, would not the ability to stop and examine yourself still be of value for the period of just 21-days? Of course the point of the book in its entirety is to read it and do the journaling exercises which again I, as a woman of faith ---though not the same as the author, personally had no issue with--- but if the mere appearance of the word God is a bridge too far for you then you will be missing out on the sound financial advice that is contained within these pages.

0 of 0 people found the following review helpful. I learned a lot about my finances and spending habits ...By Alda M. Blakeney I learned a lot about my finances and spending habits. I saved \$700 during the fast, and clearly understand the differences between needs and wants!

0 of 0 people found the following review helpful. A great read for anyone ready to change their finances

By Customer Definitely one the top 10 books on my list. This book has changed my attitude on spending. You think after paying your tithes that there's nothing spiritual about money - not true. A great read for anyone ready to change their finances.

Financial Peace and Freedom in 21 Days

In *The 21-Day Financial Fast*, award-winning writer and *The Washington Post* columnist Michelle Singletary proposes a field-tested financial challenge. For twenty-one days, participants will put away their credit cards and buy only the barest essentials. With Michelle's guidance during this three-week financial fast, you will discover how to:

- Break bad spending habits
- Plot a course to become debt-free with the Debt Dash Plan
- Avoid the temptation of overspending for college
- Learn how to prepare elderly relatives and yourself for future long-term care expenses
- Be prepared for any contingency with a Life Happens Fund
- Stop worrying about money and find the priceless power of financial peace

As you discover practical ways to achieve financial freedom, you'll experience what it truly means to live a life of financial peace and prosperity. Thousands of individuals have participated in the fast and as a result have gotten out of debt and become better managers of their money and finances. *The 21-Day Financial Fast* is great for earners at any income-level or stage of life, whether you are living paycheck-to-paycheck or just trying to make smarter financial choices.

About the Author Michelle Singletary writes an award-winning personal finance column for *The Washington Post* called "The Color of Money," which appears in more than one hundred newspapers across the country. The author of two other books, Singletary has appeared on numerous national television and radio programs, including Oprah, *The Today Show*, *The Early Show*, *The View*, *Meet the Press*, CNN, MSNBC, *Nightline*, Tavis Smiley, NPR, *The Diane Rehm Show*, *The Tom Joyner Morning Show*, and *Yolanda Adams Morning Show*. Her television program, *Singletary Says*, can still be seen on TV One. To learn more visit [www.michellesingletary.com](http://www.michellesingletary.com) or [www.washingtonpost.com/michelle-singletary](http://www.washingtonpost.com/michelle-singletary).