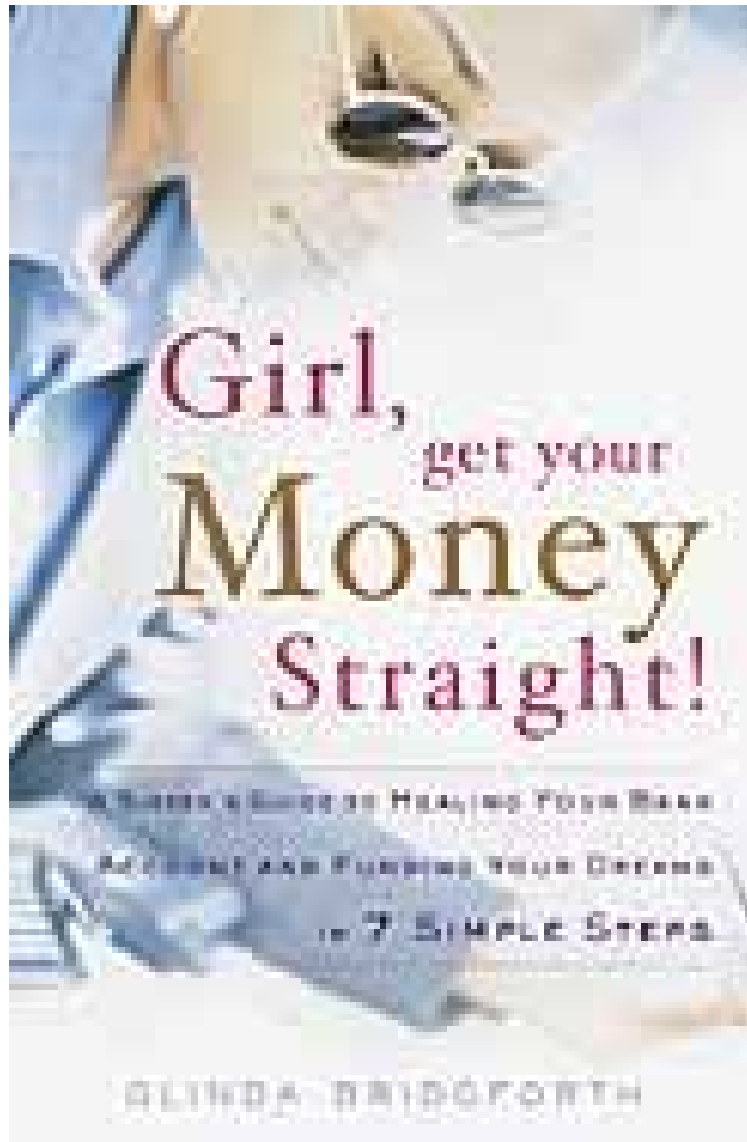


[Mobile book] Girl, Get Your Money Straight: A Sister's Guide to Healing Your Bank Account and Funding Your Dreams in 7 Simple Steps

Girl, Get Your Money Straight: A Sister's Guide to Healing Your Bank Account and Funding Your Dreams in 7 Simple Steps

Glinda Bridgforth

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Glinda Bridgforth : Girl, Get Your Money Straight: A Sister's Guide to Healing Your Bank Account and Funding Your Dreams in 7 Simple Steps before purchasing it in order to gauge whether or not it would be worth my time, and all praised Girl, Get Your Money Straight: A Sister's Guide to Healing Your Bank Account and Funding Your Dreams in 7 Simple Steps:

1 of 1 people found the following review helpful. I love how the book is teaching me about finances but ...By CustomerI love how the book is teaching me about finances but in a storytelling way so I'm not bored and I want to keep reading... Book was in great condition too!!0 of 0 people found the following review helpful. Five StarsBy L J FGreat experience, fast shipping, exactly as shown...0 of 0 people found the following review helpful. One StarBy Jennifer L. TroianoHorrible book!

If you're tired of feeling powerless over your finances and are ready to start funding your dreams, then come on girl—it's time to get your money straight! Author and financial expert Glinda Bridgforth knows that healthy money management is rarely just about dollars—it's about getting to the root of why we spend what we do and recognizing the emotional and cultural issues that play out in our unhealthy financial habits. *Girl, Get Your Money Straight!* presents her seven-step program for holistic financial healing—an upbeat, empowering road map that you can use to identify your heart's desires, break away from negative spending patterns, pay off outstanding debts, develop a spending plan, conquer the checkbook blues, and create new wealth. Filled with Bridgforth's warmhearted wisdom and advice, and complete with worksheets, exercises, affirmations, and inspiring stories of African American women who have found financial peace of mind, *Girl, Get Your Money Straight!* is a fresh, fun, and eminently practical guide to healing your bank account and building a life that you love. From the Trade Paperback edition.

From Publishers Weekly Using a variety of self-help techniques, journalist and "financial recovery specialist" Bridgforth has designed a "holistic" program for people who find personal finance stressful. While explicitly addressed to black women, this book would be useful to anyone comfortable with feel-good, recovery program lingo and practices, although those looking for detailed explanations of how stocks and mutual funds work should look elsewhere. Bridgforth advises meditating and repeating inspirational "affirmations" for those who find the idea of designing a spending plan daunting; lighting an aromatherapy candle on an "altar of abundance" may also help. Feeling good, she maintains, is essential to the success of any plan, while low self-esteem, which Bridgforth feels is a particular problem for black women, can result in ruinous, compensatory spending. She recommends careful recording of expenditures to help people get back in touch with the realities of their finances. Beyond debt management, Bridgforth urges readers to "fund" their dreams by constantly visualizing goals, wrapping up her program with a reminder to readers to tap into the spiritual energy of deity worship. While Bridgforth's basic position, that financial stress can be relieved with a better attitude and better record-keeping, may offend readers with a more political perspective on wealth and poverty in America, her consoling advice on how to stay calm and cope, which is attractively packaged for its target market, isn't likely to do much harm. (Jan.) Copyright 2000 Reed Business Information, Inc. From the Inside Flap Do you find yourself struggling to pay your bills each month, even though you earn a salary that would make your parents proud? Is your tendency to spend impulsively whittling away at your long-term goals—like owning a home, going back to school, or planning a dream vacation with your family? If you're tired of feeling powerless over your finances and are ready to start funding your dreams, then come on, girl— it's time to get your money straight! Author and financial expert Glinda Bridgforth knows that healthy money management is rarely just about dollars— it's about getting to the root of why we spend what we do and recognizing the emotional and cultural issues that play out in our unhealthy financial habits. A sought-after financial counselor for African American women nationwide, Bridgforth has first-hand knowledge of the unique factors that shape the way black women manage their money, and she has devoted her career to helping sisters take charge of their finances and grow their money tree. *Girl, Get Your Money Straight!* presents her seven step program for holistic financial healing—an upbeat, empowering roadmap that you can use to identify your heart's desires, break away from negative spending patterns, conquer the checkbook blues, and create new wealth. Beginning with simple, engaging exercises to help you initiate a "dialogue" with your money and offering an inspiring overview of African Americans' history of financial savvy and prosperity, *Girl, Get Your Money Straight!* outlines seven financial prescriptions that will guide you step-by-step to financial security. You will learn how to: -Set goals that speak to your heart and provide you with lasting motivation -Balance your checkbook and determine your net worth -Develop a spending plan (not a budget!) that allows you to pay your bills and still have fun -Track and analyze your spending to avoid slip-ups -Pay off outstanding debts -Save for a rainy day? and a bright future -Find additional sources of encouragement and advice Filled with Bridgforth's warmhearted wisdom and advice, and complete with worksheets, exercises, affirmations, and inspiring stories of African American women who have found financial peace of mind, *Girl, Get Your Money Straight!* is a fresh, fun, and eminently practical guide to healing your bank account and building a life that you love. About the Author Glinda Bridgforth is the founder of Bridgforth Financial Management Group, a financial management company that emphasizes holistic counseling. A regular contributor to *Essence* and *Black Enterprise*, she is a frequent guest on television and radio shows nationwide as well as a sought-after seminar speaker. She divides her time between Oakland, California, and Detroit, Michigan.