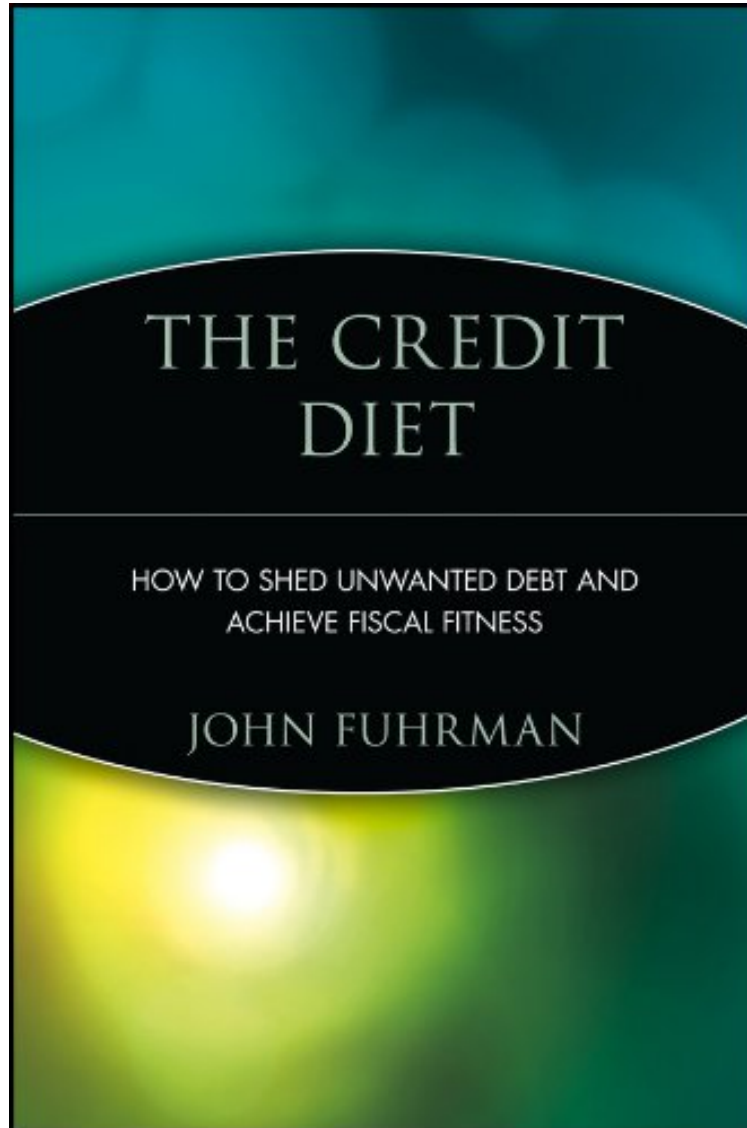


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The Credit Diet: How to Shed Unwanted Debt and Achieve Fiscal Fitness

John Fuhrman

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John Fuhrman : The Credit Diet: How to Shed Unwanted Debt and Achieve Fiscal Fitness before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Credit Diet: How to Shed Unwanted Debt and Achieve Fiscal Fitness:

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"You'll treasure the practical insights and the useful tips in this book. You'll think differently, act smarter, and increase your wealth by learning John Fuhman's ideas." -Nido R. Qubein Chairman, Great Harvest Bread Co. Founder, National Speakers Association Foundation It's no big surprise that each year thousands of people fall into debt. What is shocking is that many of us accept the fact that we could be in debt for the rest of our lives. John Fuhrman should know because he has been there, but he decided to put a plan together that would eliminate debt from his life for good. In *The Credit Diet: How to Shed Unwanted Debt and Achieve Fiscal Fitness*, award-winning speaker and bestselling author John Fuhrman uses his personal life experience of overcoming debt to provide you with a practical and easy-to-follow road map that will help you to rise above your current financial situation and take the necessary action to remove debt from your life.

Like a bad case of food poisoning, corporate malfeasance just won't go away. Columnist Don Silver stirs the corporate scandal pot in his parable about a chef who imparts the financial facts of life to his college-bound son, *Cookin' the Book*: Say Pasta La Vista to Corporate Accounting Tricks and Fraud. "We think this is going to be a very big book," says Adams-Hall marketing v-p Blair Randall. "It's a topic that's here to stay." To get *Cookin' cookin'*, the 15-year-old company is planning a \$50,000 promotional budget for this January release. While Silver takes a humorous look at wrongdoing, political commentator Arianna Huffington provides a more sobering approach in her indictment of big corporations, *Pigs at the Trough: How Corporate Greed and Political Corruption Are Undermining America* (Crown, Jan.) There are light-hearted moments, however, including Huffington's P.I.Q. Test, which includes multiple choice questions on such subjects as the name of Bernie Ebbers's 60-foot yacht (Aquisition) and George W. Bush's nickname for pal Kenneth Lay (Kenny Boy). In another Crown title out next month, *Sweet Potato Boss Queen Jill Conner Browne* provides plenty of food for thought on finance, and just about everything else, in her third collection of words of wisdom, *The Sweet Potato Queens' Big-Ass Cookbook (and Financial Planner)*. Among the tips not to be found in, say, the *Wall Street Journal* are: "Rich old people are generally more attractive than poor old people, so by all means, try to get rich before age sets in. Otherwise, you'll just be playing catch-up for the rest of your life and that will just wear you out." Intermingled with bon mots are recipes for comfort foods like Pig Candy (bacon, brown sugar, chopped pecans) and Fried Dill Pickles. For those whose finances could benefit from slenderizing, John Fuhrman offers a debt-loss plan, *The Credit Diet: How to Shed Unwanted Debt and Achieve Fiscal Fitness* (Wiley, Jan.), based on real examples and personal experience. -- J.R. (Publishers Weekly, December 23, 2002)From the Back Cover"Yoursquo;ll treasure the practical insights and the useful tips in this book. Yoursquo;ll think differently, act smarter, and increase your wealth by learning John Fuhmansquo;s ideas." ndash;Nido R. Qubein Chairman, Great Harvest Bread Co. Founder, National Speakers Association Foundation Itrsqquo;s no big surprise that each year thousands of people fall into debt. What is shocking is that many of us accept the fact that we could be in debt for the rest of our lives. John Fuhrman should know because he has been there, but he decided to put a plan together that would eliminate debt from his life for good. In *The Credit Diet: How to Shed Unwanted Debt and Achieve Fiscal Fitness*, award-winning speaker and bestselling author John Fuhrman uses his personal life experience of overcoming debt to provide you with a practical and easy-to-follow road map that will help you to rise above your current financial situation and take the necessary action to remove debt from your life.About the AuthorJOHN FUHRMAN is an award-winning speaker and bestselling author who has reached more than 1,000,000 people over the last five years through his books, tapes, and speaking programs. His clients include Quixtar, Atlantic Savings Bank, Middlesex Mutual Insurance, and the nearly 400,000 independent business owners who have used his materials to help their businesses grow successfully. His books (five in all) have sold more than 500,000 copies over the past four years through his speaking programs and large corporate orders. Fuhrman has also appeared in such publications as *Men's Health*, *Selling Magazine*, *Sales*

Mastermind, the Manchester Union Leader, and the Kansas City Star.