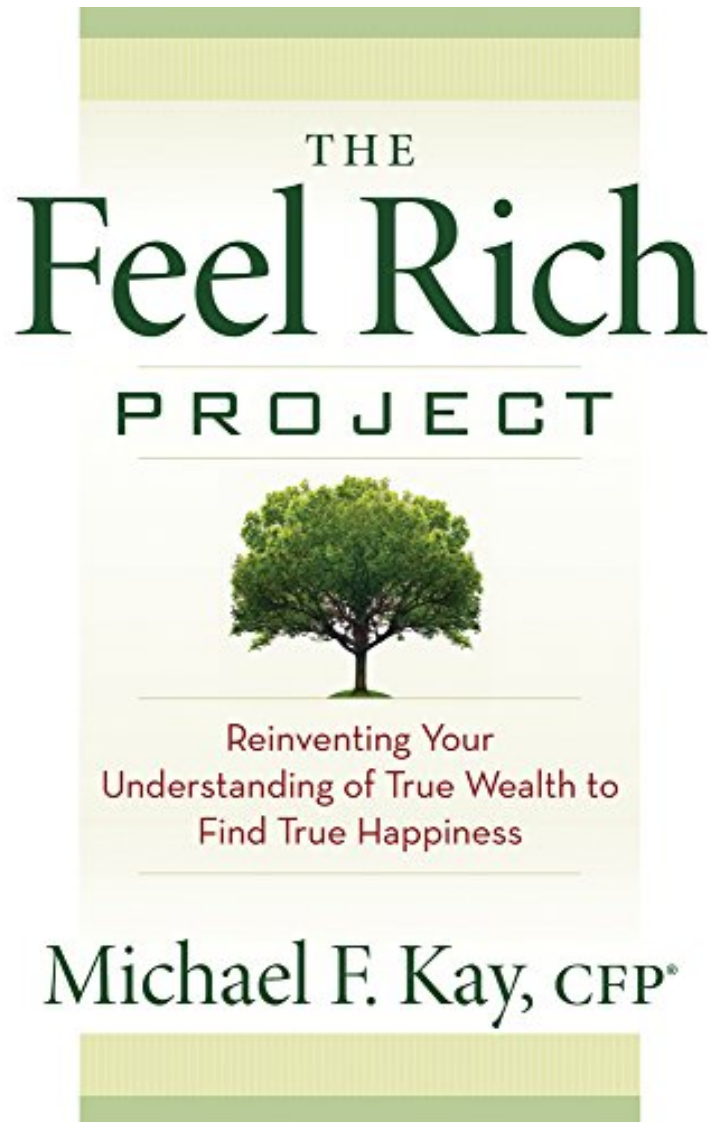


The Feel Rich Project

Michael F. Kay

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Michael F. Kay : The Feel Rich Project before purchasing it in order to gage whether or not it would be worth my time, and all praised The Feel Rich Project:

1 of 1 people found the following review helpful. A Road Map to align our financial choices with our TRUE goals and values. By S. Davis Despite reports that the "economy" is doing better, many (maybe most) of the people I know and work with feel like they are being financially squeezed from all sides. This timely book addresses both the practical aspects of financial planning as well as the personal and emotional factors that impact our ability to align our financial choices with our TRUE goals and values. Very few people have only one financial priority, this book helps you figure out how to manage your personal priorities in a way that engages your whole life. The Feel Rich Project is

all about creating a rich life, irrespective of the dollars and cents, but it is a financial life planning book so you will also find what you need to create a build road-map to achieve your goals. The financial content in this book isn't what makes it special, the fact is, that is the easy part. This book is an opportunity for you to discover what matters most and create a plan to reach your definition of a rich life. I have both the paperback and the Kindle version. I suggest the paperback if you will use it for the exercises. I used my money journal (yes, I have one of those) for the exercises. 1 of 1 people found the following review helpful. A Must Read! By Liz Lajoie A fantastic resource! Michael Kay shines a spotlight on the truth about our financial fears. He gently encourages the reader to dig deep and identify ways to make peace with money. A great mix of financial psychology and practical how-to, The Feel Rich Project can help you clarify your thoughts around money and develop your own definition of wealth. I highly recommend it, whether you're just starting out in life or retirement is fast approaching. The worksheets and tools in this book will help you define your financial goals, and the message will help you master your money mindset. 1 of 1 people found the following review helpful. I found the worksheets not only accessible and meaningful but also practical and even fun! Since reading the book By Kim Rosenberg Michael F Kay has a gift for asking just the right questions about how we really feel about money in his essential new road map manual "The Feel Rich Project". His stories, anecdotes, proactive exercises and humor helped me examine and understand how much of my money identity was rooted in family history around spending and saving money. I found the worksheets not only accessible and meaningful but also practical and even fun! Since reading the book, I feel more financially confident and "rich" and I plan on sharing it with family, clients and friends. Highly recommended-5 Stars.

Feeling rich is the difference between just existing and being gloriously, deeply, passionately alive, living the very best life you were born to lead. What does feeling rich have to do with actually being rich? Plenty, it turns out. Your beliefs and feelings about money drive how you see yourself and how you define "rich." The Feel Rich Project starts by analyzing your specific history with and feelings about money, then uses that information to help you redirect your life where you want it to go. It's a uniquely personal experience during which you will:

- Explore your needs, values, and beliefs—what does true wealth look like for you?
- Learn how your life experiences created your money beliefs and habits.
- Understand how to replace destructive money habits with those that support your vision of a happy life.
- Create a just-for-you action plan to meet your goals and start living richly.

Sometimes you need help to energetically and purposefully pursue the life you crave. The Feel Rich Project is an inspirational but practical guide to help you build your true wealth, a compassionate, warm, momentum-building program for all who dare to seek meaning and joy.

"Money is emotionalhellip;and very few people can help you navigate that reality better than Michael Kay. Consider this book your map!" Carl Richards, author of The Behavior Gap and creator of the weekly Sketch Guy column in the New York Times "What does it really mean to be rich? This is a key question that Michael Kay explores in a book that challenges you to define or redefine the meaning of wealth." Michelle Singletary, personal finance columnist for the Washington Post and author of The 21 Day Financial Fast About the Author Michael F. Kay is a financial life planner and CFP® who has helped thousands of women, men, and families master their financial lives, a process that almost always includes uncovering and planning for what they value most. He's president of Financial Life Focus, a fee-only, multi-advisor, financial life planning firm, and the author of The Business of Life. Named by Twitter as one of the top 35 personal finance experts, his financial advice has been featured in Forbes, Psychology Today, Fox Business, and the Wall Street Journal. He lives in West Orange, New Jersey.