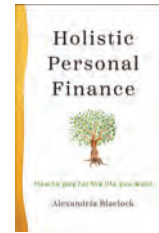


Holistic Personal Finance Synopsis



2-line Synopsis: (126 characters)

Holistic Personal Finance explains that managing wealth by lifestyle, instead of the usual life by income, is a viable option.

Short Synopsis: (43 words)

Advice on managing wealth is often about sacrificing things that make life worthwhile; fewer lattes, fewer lunches with friends, and less overall happiness. *Holistic Personal Finance* explains that managing money by lifestyle, instead of the usual life by income, is a viable option.

Medium Synopsis: (89 words)

Advice on managing wealth is often about sacrificing things that make life worthwhile; fewer lattes, fewer lunches with friends, and less overall happiness. *Holistic Personal Finance* explains that managing money by lifestyle, instead of the usual life by income, is a viable option.

Focusing on the most important things leads to a happier life. Business techniques, like developing a vision, mission and values along with planning and goal setting allow a joyful life-centred approach to spending. It is possible to have it all, but you have to choose when.

Long Synopsis: (343 words)

Sadly, few people learn how to live a rich and rewarding life. Generally, they either spend too much money on things they don't need (or want) while trying to meet the expectations of others. Or, they pursue more money to the exclusion of things that make life worth living.

Holistic Personal Finance: How to pay for the life you want explains how to walk a middle path when managing wealth. Choosing to spend time, health or money on things that are important now, and saving for a prosperous and satisfying life in retirement at the same time.

Drawing on a career in business and project management, Alexandria Blaelock translates the business planning process into a relatable annual cycle that converts nebulous New Year resolutions into actionable financial plans.

Readers start by developing of vision of their future, a mission to explain how they are going to get there, and values (or virtues as Blaelock calls them) to describe the important qualities that will guide future choices. Blaelock herself adopted Beauty, Friendship, and Wisdom among others. Following the vision, comes:

- **Goals:** not just SMART goals, but HARD or Better goal frameworks too, and how to choose between them
- **A Spending Plan:** not a way of restricting expenditure, but a way of prioritising it to ensure goals are achieved.
- **Monitoring and Controlling:** tracking spending and making changes when it doesn't stick to the plan.

- **Annual Review:** assessing progress. making plans for the new year and reviewing existing arrangements such as insurance to ensure they're still sufficient.

Plus, the core financial components of saving, spending and sharing money in a way that satisfies the virtues and advances goals.

As a bonus, wealth management issues to consider during key life stages including:

- **Borrowing Money:** different kinds of debt and developing a Debt Reduction Plan.
- **Risk Management:** preparing for things that can go wrong to minimise recovery time and cost.
- **Estate Planning:** not just preparing for death but protecting assets during life.

So they can pay for the life they want, both now and in the future.

5 Fun Facts from Holistic Personal Finance:

- In the Middle Ages, wealth meant happiness; from the root word weal, meaning well-being.
- In the early twentieth century you were likely to die within a year or two of retirement, now your retirement is more likely to be longer than your working career.
- Ordinary pet care (not counting acute or chronic care) can cost more than \$40,000 over a 14-year lifespan.
- Keeping a picture of what you might look like when you are old, can help you connect with your future and inspire you to more actively invest in your future.
- When you're feeling down, sharing your time and money with others can make you feel like a better person.

Book Details and Purchase Information

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