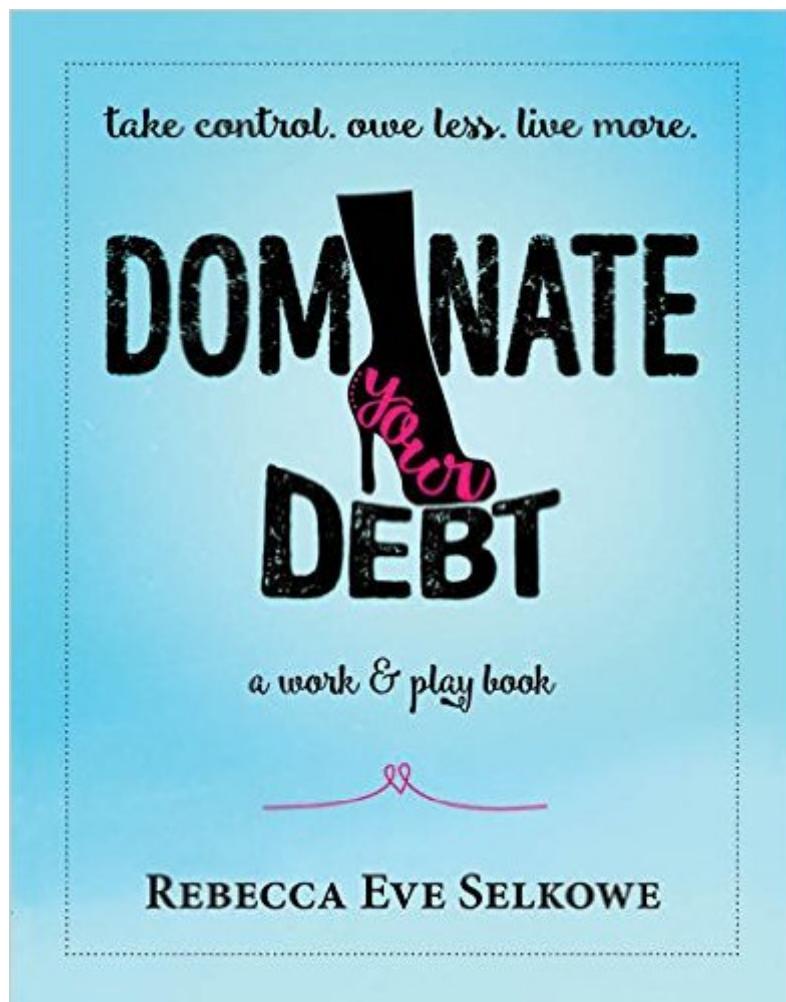


The book was found

Dominate Your Debt: A Work & Play Book



Synopsis

What to do to pay off debt is not a secret: throw money at it until it's gone. Dominate Your Debt: A Work & Play Book answers the trickier question how. As in, "How do I take control of my debt, pay it off on my own terms, and still live my life?" With humor and candor, Dominate Your Debt guides you step by step through creating a plan to pay off your debt. You will understand yourself, your debt, and your options. You will organize your financial life. You will create a payoff plan that balances paying off debt with building savings. And you will track and celebrate your progress as you implement that plan, all right in the pages of the book. This book is the next best thing to having a sassy, savvy financial coach by your side as you tackle your debt. You'll find plenty of charts and numbers in this book, because, after all, debt is about numbers. But you'll also find lots of journaling prompts, thought questions, and space to doodle, dream, and figure things out. You're going to dig deep into your finances and your life, because being in control of debt is as much about what you do as how you feel. The work you do in this book will become your playbook for being confident and in control of your debt. This is not a "How to get out of debt and get rich FAST!" book. This is a book for women who are committed to taking control of their debt and who crave the knowledge, structure, and loving kick in the skinny jeans to make it happen. You won't just learn; you will be inspired and empowered to take action. Together, we will create a personalized, unique plan for you not just to pay off your debt, but to truly dominate it.

Book Information

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Customer Reviews

The problem wasn't that I didn't know enough about money. The problem was, I had debt and I didn't feel in control of it. If you're in a place where you feel like your debt has spun out of control, and you're not quite sure how to plan yourself out of trouble, then this book is definitely for you. This book is actually a workbook that's easy to follow and more than a little fun to read, all while helping you formulate a plan on how to deal with your debt. The author doesn't talk down to you or tell you to sacrifice everything you ever loved to get out of debt -- there's a way to do it that lets you live now and also live for the future. I really, really loved how the beginning of each chapter listed goals, because I felt like, by the end of the chapter, I had accomplished them! It was rewarding and insightful and helped me to get to know MYSELF better and what I wanted out of the whole process. I felt like I had a coach standing alongside me through the entire book and that was really motivating (and much less scary)! LOVE AND RECOMMEND THIS BOOK!!!

The concepts that Rebecca presents in this book helped me IMMENSELY. In the 2 years that I've followed her money-saving strategies, I have dropped my student loan debt by 85% and at the same time, I have more money in my savings account than I've ever had! Her methods worked extremely well for me- she kicks you into action but also gives you the space to splurge and not feel guilty about it at all. I have never felt this secure about my finances before, and it's all thanks to her and this book. I HIGHLY recommend this book for anyone who wants to feel empowered about controlling their finances!

What I love most about this book is that it is not about depriving yourself of everything you enjoy for a greater goal. This book is about making decisions that feel good to have you what you need AND what you want. This book breaks the topic of money down into a conversation that is easy to understand and fun! What I gained most from this book is the confidence and power in knowing my specific numbers. I feel so much more in control of my financial situation. I'm excited to think and talk about my money. I LOVE making decisions that FEEL good. I enjoy my money dates. This really has been a game changer for me. Not just how I handle my money but also how I feel about it, and that it major.

This book is absolutely fantastic! Many of us have a vague notion of what we need to do for our finances- but we keep putting off organizing and prioritizing. This book gives you the super, wonderful coach you need! She breaks everything down clearly and in a fun way! This book really helped me to refocus and think about what my financial goals are and what is important to me.

Rebecca and Dominate Your Debt have made such a profound difference in my relationship with money. Money and debt had been a huge pain point in my life and I can't begin to recount how often I told myself "I'm just not good with money". The exercises in this workbook have not only helped me feel more in control of my money situation, but actually create a plan that does not leave me feeling deprived. I'd read a few books on money in the past, but their advice generally boils down to "don't spend money on anything fun until your debt is paid", which to me equated to "life will suck!". With Rebecca's help, I was able to create a plan that allowed me to enjoy my life WHILE paying down my debt AND growing my savings account! Yes, you can do all three things at once! And that's what I appreciated most about her teachings. It's never about feeling deprived, it's about feeling empowered. Rebecca combines a great mix of facts & number-crunching with healing your relationship to money (because until there is a shift in mindset, you're just bound to continue the cycle). It's not airy fairy and it's certainly not dry or soul-crushing. It's more of an open conversation with a friend (who happens to be brilliant with money). Every person's money situation is unique, so I love that her lessons are super customizable to my own situation. There is work involved, but it's broken down in such a simple way that if you dig in and commit, you'll come out the other side debt-free and in control.

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