



The Inner World of Money: Taking Control of Your Financial Decisions and Behaviors

Marty Martin

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Unlike most guidebooks for improving personal finances, this breakthrough work helps readers defeat the often debilitating anxieties over money that can affect financial decision-making.

- Self-assessments that help readers understand the current state of their personal finances
- Checklists that break down strategies into easy-to-follow steps
- Exercises to help drive home important ideas
- Tip sheets for avoiding common financial misunderstandings and pitfalls
- Real-life examples that show the effectiveness of the author's approach with actual people

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