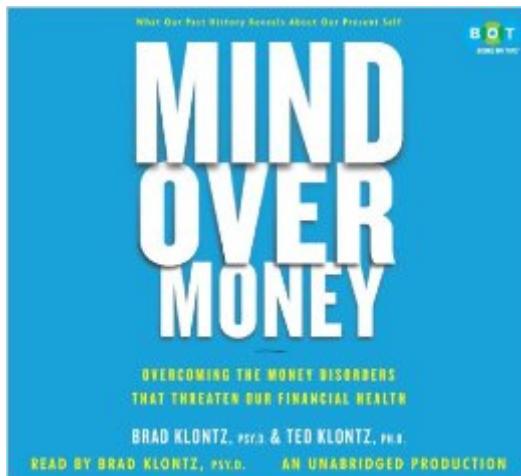


The book was found

Mind Over Money



Synopsis

Do you overspend? Undersave? Keep secrets about money from a spouse or family member? Are you anxious about dealing with your finances? If so, you are not alone. Let's face itâ "just about all of have complicated, if not downright dysfunctional, relationships with money. As Drs. Brad and Ted Klontz, a father and son team of pioneers in the emerging field of financial psychology explain, our disordered relationships with money arenâ ™t our fault. They donâ ™t stem from a lack of knowledge or a failure of will. Instead, they are a product of subconscious beliefs and thought patterns, rooted in our childhoods, that are so deeply ingrained in us, they shape the way we deal with money our entire adult lives. But we are not powerless. By looking deep into ourselves and our pasts, we can learn to recognize these negative and self-defeating patterns of thinking, and replace them with better, healthier ones. Drawing on their decades of experience helping patients resolve their troubling issues with money, the Klontzes and describe the twelve most common â œmoney disordersâ • - like financial infidelity, money avoidance, compulsive shopping, financial enabling, and more â " and explain how we can learn to identify them, understand their root causes, and ultimately overcome them. So whether you want to learn how to make better financial decision, have more open communication with your spouse or kids about the family finances, or simply be better equipped to deal with the challenges of these tough economic times, this book will help you repair your dysfunctional relationship with money and live a healthier financial life. --This text refers to an out of print or unavailable edition of this title.

Book Information

Audio CD

Publisher: Books On Tape (2009)

Language: English

ISBN-10: 0307712931

ISBN-13: 978-0307712936

Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (35 customer reviews)

Best Sellers Rank: #447,143 in Books (See Top 100 in Books) #45 inÂ Books > Books on CD > Business > Investing #309 inÂ Books > Books on CD > Business > General #3616 inÂ Books > Business & Money > Investing

Customer Reviews

There is strong anecdotal evidence that financial success is linked more to behavior than income. We see this all the time in our office; people with high income and low net worth, or, alternatively,

people with low income and high net worth. What accounts for those differences? Is it the money or is it the mind? Drs. Ted and Brad Klontz - father and son psychologists - recently authored *Mind Over Money*. It's a breakthrough of sorts, and it offers both clinical and personal insights. The book features considerable research and a detailed bibliography. Their premise is simple. Financial issues are clouded by psychology. Money evokes emotions such as stress, fantasy, irrationality, and fear (among others). Powerful feelings, all, and they can distort the best possible financial intentions. Why is it, they ask, that we know the right things but do the wrong things? In fact, Drs. Klontz identify twelve common disorders by name and recount both observations and explanations. To add some gravity to this discussion, they note that American Psychological Association surveys show Americans rate money as life's number one stressor - higher than work, health, or children. Some research suggests that money disorders may be more prevalent than anxiety or depression. I'll not list all the disorders here, but most will seem familiar. Hoarding, dependency, enabling, denial, rejection, and - of course - the spending disorders are witnessed frequently. They fall into three broad categories - Money-Worshipping, Money-Avoidance, and Relational disorders. Symptoms are easy to spot. Constant financial anxiety or despair. A lack of family savings or excessive debt. Multiple bankruptcies or defaults on loans. Financial conflicts with family or friends.

[Download to continue reading...](#)

Money: Saving Money: The Top 100 Best Ways To Make Money & Save Money: 2 books in 1: Making Money & Saving Money (Personal Finance, Making Money, Save Money, Wealth Building, Money) Money: Saving Money: Success: Get More Money & Success In Your Life Now!: 3 in 1 Box Set: Money Making Strategies, Saving Money Strategies & World's Best ... Tips for Personal Finance & Life Success) Personal Finance: Budgeting and Saving Money (FREE Bonuses Included) (Finance, Personal Finance, Budget, Budgeting, Budgeting Money, Save Money, Saving Money, Money) Money: How to earn money with : Earn \$5000 per Week Part Time using the power of Arbitrage with Liquidation Products on (How to make money ... on , How to make money with) Money Management Tips: Control Money Don't Let It Control You (Budgeting your money, How to save money tips, Get out of debt fast, Live cheap, Debt free, Spend less) How to Hide Money During a Divorce: How to Hide Assets, How to Hide Money From Husband, How to Hide Money From Creditors, How to Hide Money During Bankruptcy) Mind Over Money Kids Can Make Money Too! : How Young People Can Succeed Financially--Over 200 Ways to Earn Money and How to Make it Grow Make Money Online: The Top 15 Ways To Start Making Money Online (How to Make Money Online, 2016) Making Money at Home: Methods to Make Money with Drawing Portraits: How I Made More than \$50,000 Selling Art Online and Offline (Ways to Make Money with Art, Selling

Drawings) Passive Income: The Death of Money and Passive Income. How to Make Money Online and Survive in the Economic Collapse (Passive income, financial freedom, ... online, free money) (collapse, shtf Book 1) The Death of Money: Best Tips How to Survive in Economic Collapse and Get out of Debt (dollar collapse, prepper supplies, prepping, debt free, free money) ... self help, budgeting, money free Book 3) Money: Mindset - The 7 Step Money Mindset Formula That Will Help You Think & Produce Like A Millionaire (Mindset, How to Get Out of Debt, Financial Freedom, ... Make Money Online, Investing for Beginners) Make Easy Money Online: Follow in my footsteps and replace your 9-5 job in 30 days with no prior experience (How to make money online, Work less, Make money from home, Build a business) HOW TO MAKE MONEY ONLINE: Learn how to make money from home with my step-by-step plan to build a \$5000 per month passive income website portfolio (of 10 ... each) (THE MAKE MONEY FROM HOME LIONS CLUB) Make Money Online: 70 Painless Ways to Make Money for \$5 Or Less (Make Money Online Now) Battlefield of the Mind: Winning the Battle in Your Mind Battlefield of the Mind for Teens: Winning the Battle in Your Mind Zen Mind, Beginner's Mind Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice

[Dmca](#)