



The Money Gym: Ultimate Wealth Workout (Paperback)

By Nicola Cairncross

Rethink Press, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Improve your Financial Fitness and Live a Wealthier Life. This new and fully updated second edition of The Money Gym will enable you to earn more, shed toxic debt, keep more of what you earn, tone your financial muscles and come out winning no matter what the financial market is doing. In this acclaimed 9-step wealth building programme you will learn. 1. How to tap into the 4 major sources of financial independence 2. How to develop the right money mindset and why it s so important 3. Powerful immutable laws of money that work no matter what the market is up to 4. How to shed toxic debt and build habits that ensure you never get caught again 5. How minding your own business and mastering the internet could be the fastest way to riches 6. Tactics to master cash flow control so that you always know where you are with your money 7. How to save and invest (and know the difference!) wisely so that your pot grows rather than shrinks 8. How to leverage even small funds in order...



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