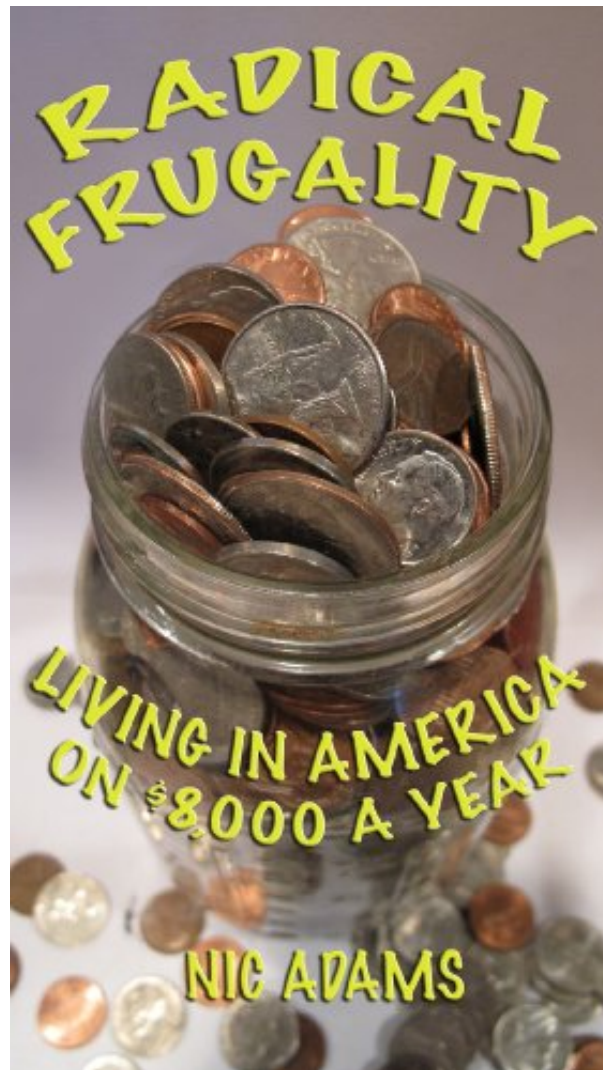
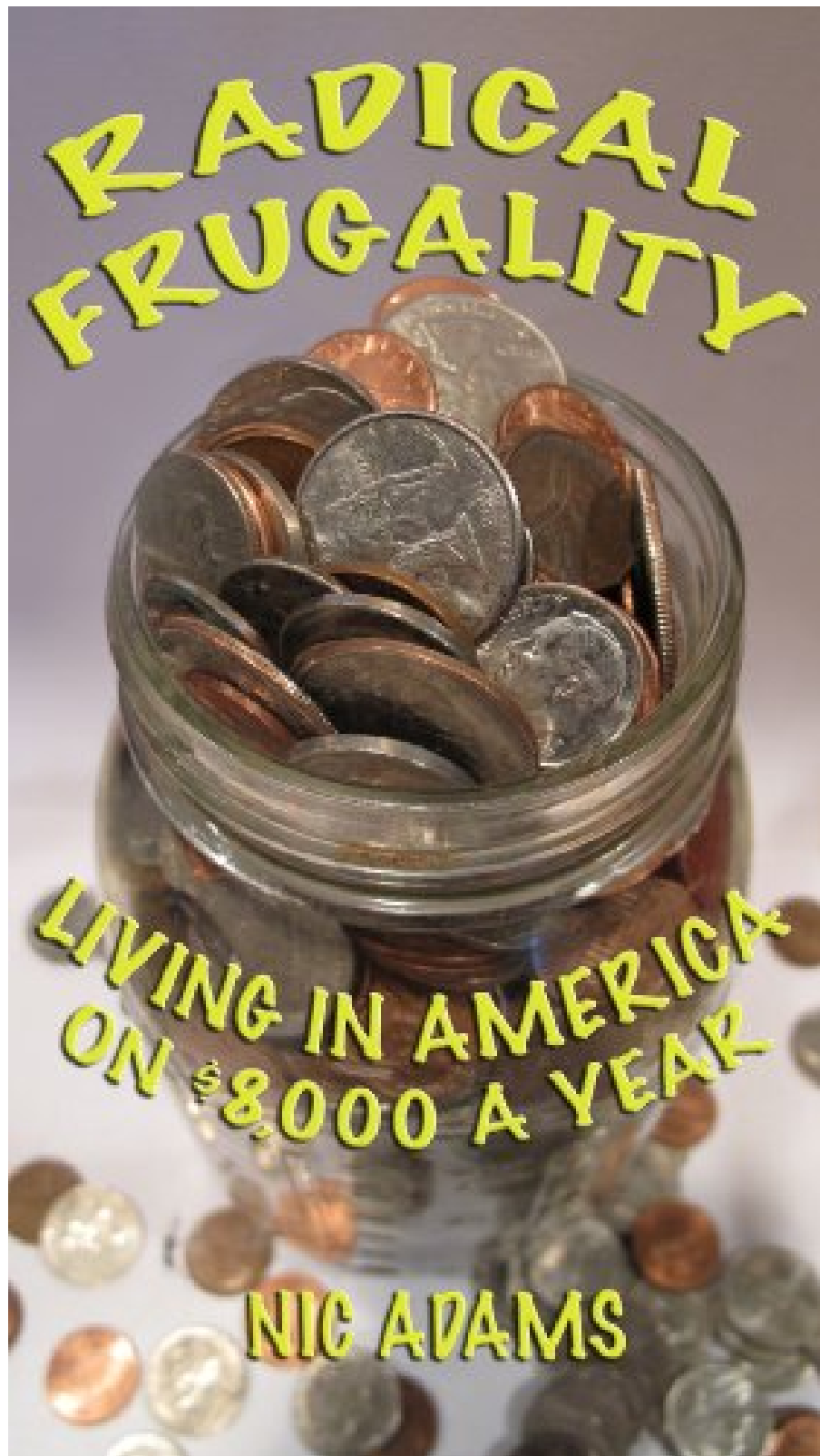


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Commit just one evening of your life to financial freedom and this easy-to-read book will show you how to be debt-free. Radical Frugality tells the story of 5 people who did it: Paul, 27, discovering how to overcome student loan debt; David and Winona, late 40's, living their retirement dream today; and Dan and Charlotte, family of 4, with an underwater mortgage. Waking up every morning debt-free with cash in your pocket helps your brain feel safe, secure, and smart.

Embracing the concepts in this book frees you from the overwhelming anxiety of the consumer lifestyle by showing you how to take control. You can start today. What if you could spend 66% less money than you spend today setting yourself up to live a self-determined lifestyle doing exactly what you love to do regardless of financial compensation? Radical Frugality shows you exactly how to achieve those goals within one to five years. Using our step-by-step common sense plan, we teach you what to do (break the spell of the consumer credit con), when to do it (planning and preparation), and most importantly where to do it (discover the 5 top cities for living frugally).

We'll help you evaluate your financial situation. Are you in the Yellow Zone, the Orange Zone, the Red Zone, or even the Dead Zone (paying debt with debt)? This book lays out a plan for how to pay off your debt and get into the Neutral Zone (getting back to monthly break-even), the Green Zone (debt free with \$1,000 a month free cash-flow) or even the Golden Zone (living a self-determined life).

Whether you are desperate right now about your financial situation, facing retirement, just starting out, or just plain tired and worn-out from struggling to pay bills, Radical Frugality can show you over 100 tips for feeling better today. Radical Frugality offers a soup to nuts plan for living a self-determined life that will leave you happier and healthier than ever before.

**CHAPTER ONE: IT'S NOT ABOUT WHAT YOU EARN—IT'S ABOUT WHAT YOU SPEND. HOW TO TAKE CONTROL**

**CHAPTER TWO: THE CONSUMER CREDIT CON. HOW MARKETERS PLAY TRICKS ON YOUR BRAIN**

**CHAPTER THREE: WHY FRUGALITY? GETTING STRAIGHT ABOUT WHY YOU'RE ON THE PLANET**

**CHAPTER FOUR: WHO ARE YOU TODAY? EVALUATE YOUR SPENDING PROFILE**

**CHAPTER FIVE: HOW TO DO IT. YOUR STEP BY STEP PLAN TO GAIN CONTROL**

**CHAPTER SIX: GOING GREEN AND NEVER LOOKING BACK. THIS IS YOUR BRAIN ON CASH**

**CHAPTER SEVEN: WHEN WILL YOU BE READY? LEARNING TO ASK THE RIGHT QUESTIONS**

## CHAPTER EIGHT: LIVING THE DREAM. WHERE YOU LIVE DETERMINES HOW YOU LIVE

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- Released on: 2011-11-29
- Format: Kindle eBook

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Points out spending areas to reconsider

By A reader

I read this book last night. Thanks for having it on the Kindle free list. The book highlighted several people who used to spend a lot and now have cut back their expenses. The spending areas that were cut most often were cable tv (eliminate it and get netflix), alcohol, dining out. The examples were very helpful. I was expecting to see more in the way of how to live on just \$8000/yr but I'm not complaining. The book was worth the few hours to read.

Note to the writer: please consider editing the text for corrections. There were multiple sentences with extra words that didn't belong or spelling errors. Thanks for writing this book. It was a worthwhile read.

39 of 44 people found the following review helpful.

Not what I was looking for...

By Kathleen

As someone constantly striving to be more frugal and to live a more simple and minimalist life, this ebook was recommended based on my past purchases, and it looked like a book that might have something to offer in terms of giving me an action plan to move towards an anti-consumerist lifestyle. And while I did find parts of the book to be somewhat useful in at least defining my current economic state (Gold Zone vs. Green Zone vs. Neutral Zone vs. Yellow Zone vs. Orange Zone vs. Red Zone vs. Dead Zone), I didn't really think the advice for moving out of your current zone and up to the next level of financial stability very helpful. Some of the advice included tips such as declare bankruptcy because it's probably hopeless, which might actually be good advice, but the book does not inform the reader about the negative implications of declaring bankruptcy. Other pieces of advice such as hope you get a family gift did not sit well with me either. Overall, I wouldn't recommend this book to the person striving to save money and live frugally. Of course, if you are Amazon Prime, the book is free, and for that price, I'd say it's worth it. Two stars.

21 of 24 people found the following review helpful.

Refreshing new take

By K.Rain

I really enjoyed this book. I read zillions of books in the personal finance and money-and-happiness genre and I was pleasantly surprised to find some new gems in this book. This book is not about extreme coupon clipping or hoarding or any other crazy behavior you associate with frugal nut jobs. Instead it is more philosophical and shows how your emotional health is related to your spending and then gives you practical tips on how to knock it off. For example: the difference between tools and distractions. Tools are things you need to live (and they include cellphones, internet, good food etc), but distractions are comfort items we buy because we are stressed, overwhelmed, lonely etc. They use excellent brain/behavior research and marketing research to support their ideas. I agree it is a little bit "unpolished" but the message is excellent. I look forward to more from this author.

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