

NO SPEND YEAR

Challenge

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The No Spend Year

American Medical Association



The No Spend Year :

The No Spend Year Michelle McGagh,2018-01-11 Personal finance journalist Michelle McGagh takes on a challenge to not spend money for a whole year in an engaging narrative that combines personal experience with accessible advice on money so you can learn to spend less and live more Michelle McGagh has been writing about money for over a decade but she was spending with abandon and ignoring bank statements Just because she wasn't in serious debt apart from her massive London mortgage she thought she was in control She wasn't Michelle's took a radical approach and set herself a challenge to not spend anything for an entire year She paid her bills and she has a minimal budget for her weekly groceries but otherwise Michelle spent no money at all She found creative ways to live have a social life and to travel for free She has saved money but more importantly she is happier Her relationship with money with things with time with others has changed for the better The No Spend Year is Michelle's honestly written and personal account of her challenge But it is more than that it is also a tool for life There are top tips for your own finances including easy to understand advice on interest mortgages savings pensions and spending less to help you live a more financially secure life

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