



# Frugal Spending for Rich Living: A holistic approach to money

*Gena Bigler*

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## **Frugal Spending for Rich Living: A holistic approach to money** Gena Bigler

This book is about balancing money and life, as well as cutting expenses and budgeting. The way we spend our money is an expression of our desires and values. Frugal spending for rich living can help pave a path to your rich life. People have secrets. And too often those secrets are whispers about enjoying something taboo or not enjoying something as society expects. One friend recently confessed to spending a large sum on VIP concert tickets, even as her face lit up with joy, she was saying, I know I shouldn't spend so much on this. Another friend whispers over cocktails that she really doesn't like steak, but still chimes in with her favorite steak houses later over dinner. These examples of money shaming can limit how we choose to spend our money. You can budget for the life you want, but first you need to determine what kind of life you really want. Budgeting is a fundamental skill to help you manage your money, but a big piece of it is goal setting. Just as the Cheshire cat told Alice, "If you don't know where you are going, any road will do." This book will help you find your road and budget and spend for the life you want.

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