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# The Art of Money: A Life-Changing Guide to Financial Happiness

*Bari Tessler*

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**Bari Tessler : The Art of Money: A Life-Changing Guide to Financial Happiness** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Art of Money: A Life-Changing Guide to Financial Happiness:

30 of 30 people found the following review helpful. Best Book on Your Relationship with Money and How to Improve It! The Arto of Money by Bari TesslerBy Chanah LioraI have just started the book,and cannot put it down! Usually, with any finance book etc, I cannot get past the first chapter. I start to feel overwhelmed and that the book doesn't apply to me. I even will feel physically ill (my shame getting me). As a result, I don't read books on finance...until now. Bari Tessler's book is a MUST read! You will not regret it. She shares her own money journey as

well as her client's. That is important to me. She is willing to put herself out there and be a real person, money flaws and all, not someone who seems to have achieved perfection with their money and now they want to share how they did it. Nope, Bari talks about where she started and the process of how she came to love dealing with money and the issues that go with it. She is a financial therapist and oh do I need that! I have common money myths tied to how I perceive having money and Ms. Tessler helps me understand where those really came from and shows me how to change that false belief. Those things don't go away completely but they certainly shrink down to something that is much smaller. It may rear its head every now and then, but will no longer control me like it used to. Thank you, Bari for writing a book on money I can read and therefore, learn!

10 of 10 people found the following review helpful. Grow Your Confidence with Money Decisions with The Art of Money by Bari Tessler By Cindy Palajac My confidence with making money decisions has grown exponentially since reading the pre-release of The Art of Money. Bari walks you through a Body Check-In that seems so simple but is so powerful in increasing your awareness of how you react to money flows in your life, money decisions and your money legacy. Her framework for making money decisions helped guide my husband and I on our "Money Date" through a non-emotional discussion around money and how we each make our decisions. Lastly, I love the 3 pot method of stopping and asking yourself the questions: Do I have the Time, the Money and the Energy for this expenditure. The Art of Money is brilliantly well organized and covers all the money issues we face on a day to day basis. I highly recommend this book as it will exceed your expectations.

27 of 30 people found the following review helpful. Required reading for all humans. By caroline donahue If you have ever encountered money in your life, this book is for you. I was lucky enough to read an advance copy and I have to say, it's rare that a personal finance and money therapy book reads like a page turner, but I could not put this one down. It has everything you'd hope for: honesty, heart, helpful tips and advice, and most importantly of all- how to take care of yourself as you dive into a topic that might scare people even more than public speaking. If you have ever felt scared or limited in your life because of money, read this. I promise it will help. As soon as I get home to my copy today, I think I'm going to read it again.

Awarded the 2016 Nautilus Silver Medal for Personal Growth! This is the book your money-savvy best friend, therapist, and accountant would write if they could. It's the book about money for people who don't even want to think about money, until the arrival of that inevitable day when we all realize we must come to terms with this thing called money. Everyone has pain and challenges, strengths and dreams about money, and many of us mix profound shame into that relationship. In The Art of Money, Bari Tessler offers an integrative approach that creates the real possibility of "money healing," using our relationship with money as a gateway to self-awareness and a training ground for compassion, confidence, and self-worth. Tessler's gentle techniques weave together emotional depth, big picture visioning, and refreshingly accessible, nitty-gritty money practices that will help anyone transform their relationship with money and, in so doing, transform their life. As Bari writes, "When we dare to speak the truth about money, amazing healing begins."

"Bari Tessler does an exquisite job of addressing the elephant in the room for so many of us: money. The Art of Money offers a fresh perspective and makes the daunting topic of money approachable and, I dare say, fun!" -- Farnoosh Torabi, When She Makes More and Psych Yourself Rich "The Art of Money is a must-read. I've always said, "if you don't deal with money, your money will deal with you." Bari's heart-felt stories and practical approach will give you just what you need to get a handle on money. Bravo!" -- Barbara Stanny, Author of Overcoming Underearning and Sacred Success: A Course in Financial Miracles "Bari Tessler adds an exciting, important voice to the money conversation. She beckons us to begin a healing journey into more mindfulness, peace, and joy around money that will reach into every aspect of life. At once spiritual and practical, this is the education we've been waiting for." -- Lynne Twist, Author of The Soul of Money "Reading The Art of Money is like being brought into conversation with the most loving and wise money guide you can imagine. This book will be useful for everyone, but I am particularly excited about its potential to empower women around this critical part of our lives that we often avoid or neglect. Through this book, Bari has completely changed the way I understand my relationship to money, for the much, much better." - Tara Mohr, Author of Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create and Lead From the Inside Flap This is the book your money-savvy best friend, therapist, and accountant would write if they could. Will help you create a new, refreshingly honest relationship with money. Includes tools and resources for expanding financial literacy and money savvy. Founded in mindfulness, compassion, depth, smarts, and creativity. Introduces a unique doorway to personal growth. Honors emotional depths, sacredness, and individuality. Shares grounded, daily practices for increased awareness around money. Nurturing, gentle, and un-shaming. Advice is playful, creative, and trustworthy