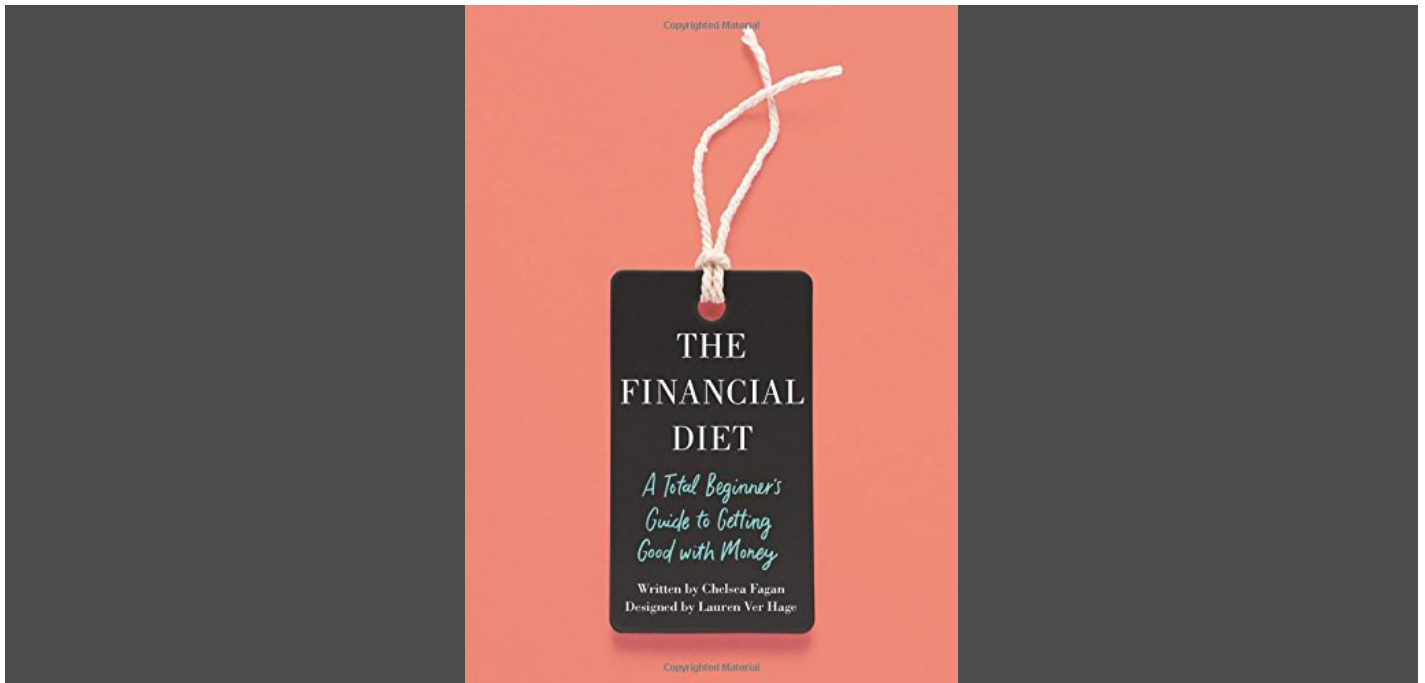


PDF | The Financial Diet: A Total  
Beginner's Guide to Getting Good  
with Money

by Chelsea Fagan and Lauren Ver Hage



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**How to get good with money, even if you have no idea where to start.**

*The Financial Diet* is the personal finance book for people who don't care about personal finance. Whether you're in need of an overspending detox, buried under student debt, or just trying to figure out how to live on an entry-level salary, *The Financial Diet* gives you tools to make a budget, understand investments, and deal with your credit. Chelsea Fagan has tapped a range of experts to help you make the best choices for you, but she also knows that being smarter with money isn't just about what you put in the bank. It's about everything—from the clothes you put in your closet, to your financial relationship habits, to the food you put in your kitchen (instead of ordering in again). So *The Financial Diet* gives you the tools to negotiate a raise and the perfect cocktail recipe to celebrate your new salary.

*The Financial Diet* will teach you:

- how to get good with money in a year.
- the ingredients everyone needs to have a budget-friendly kitchen.
- how to talk about awkward money stuff with your friends.
- the best way to make (and stick to!) a budget.
- how to take care of your house like a grown-up.
- what the hell it means to invest (and how you can do it).



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