

## <<The Spend Less Handb>>

### 图书基本信息

书名：<<The Spend Less Handbook - 365 Tips For A Better Quality Of Life While Actually Spending Less即保证生活质量又节省开支的365个诀窍>>

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内容概要

Turn your fortunes around with a year ' s worth of money-saving, life-improving tips! You don ' t have to live like a recluse or deny yourself life ' s luxuries. By spending less, you really can have more. It ' s not just about saving the odd penny when you ' re doing your grocery shopping – it ' s about rediscovering the truly valuable things in life. Discover the power of less and create more time in your life to find the kind of happiness that money just can ' t buy.

From simple tactics such as never shopping on an empty stomach, to lesser-known tricks like importing goods to pay for your holiday, every tip will save you between &pound;5 and &pound;50,000. You will find 365 practical tips in the following areas to help you live on less, spend less, and be far richer and happier for it!

- Shopping
- Your house and your home
- More ways of saving or making money whenever you buy or sell property
- Your personal finances and savings
- Cut the cost of necessary household expenses
- Food and drink
- Cutting out unnecessary, excessive expenditure
- Kids, schools and universities
- Cars and travel
- Leisure, pleasure and going on holiday
- The kind of happiness that money just can't buy
- Creating more time in your life
- Your 'job' or your 'work'
- Moving overseas

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书籍目录

Preface Introduction PART 1: THE PROBLEM - OR WHY, DESPITE EARNING A NOT INCONSIDERABLE AMOUNT OF CASH, MOST OF IT DISAPPEARS ON JUST PAYING FOR THE BASICS So why does life cost so darn much these days? The myth of low inflation: Our hyperinflated, hyperbloomed lives Deranged consumerism The pressure to spend, Spend, SPEND So is all this extra money making us any happier? We 're all going nowhere - But we 're going there fast How selfishness and ceaseless consumerism are destroying life PART 2: THE SOLUTION - 7 RULES TO HELP YOU LIVE BETTER, SPEND LESS AND NEVER LET MONEY RUIN YOUR LIFE AGAIN So where has this book managed to get us so far Rule 1: Who said you need lots of money anyway? Rule 2: Don ' t let the power of it ' s only & pound;20 excuse ruin, bankrupt or leave you poor forever Rule 3: Rescue the essential from the clutches of the irrelevant Rule 4: Don ' t go buy new if you can beg, borrow, steal or go without Rule 5: Cultivate an enjoyment of elegant frugality Rule 6: Find your own personal financial black holes and weaknesses Rule 7: Always remember that it is about have more rather than less PART 3: THE TACTICS - 365 WAYS TO SPEND LESS WHILE IMPROVING THE QUALITY OF YOUR LIFE Shopping Your house and your home More ways of saving or making money whenever you buy or sell property Your personal finances and savings Cut the cost of necessary household expenses Food and drink Cutting out unnecessary, excessive expenditure Kids, schools and universities Cars and travel Leisure, pleasure and going on holiday The kind of happiness that money just can ' t buy Creating more time in your life Your ' job ' or your ' work ' Moving overseas Conclusion

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