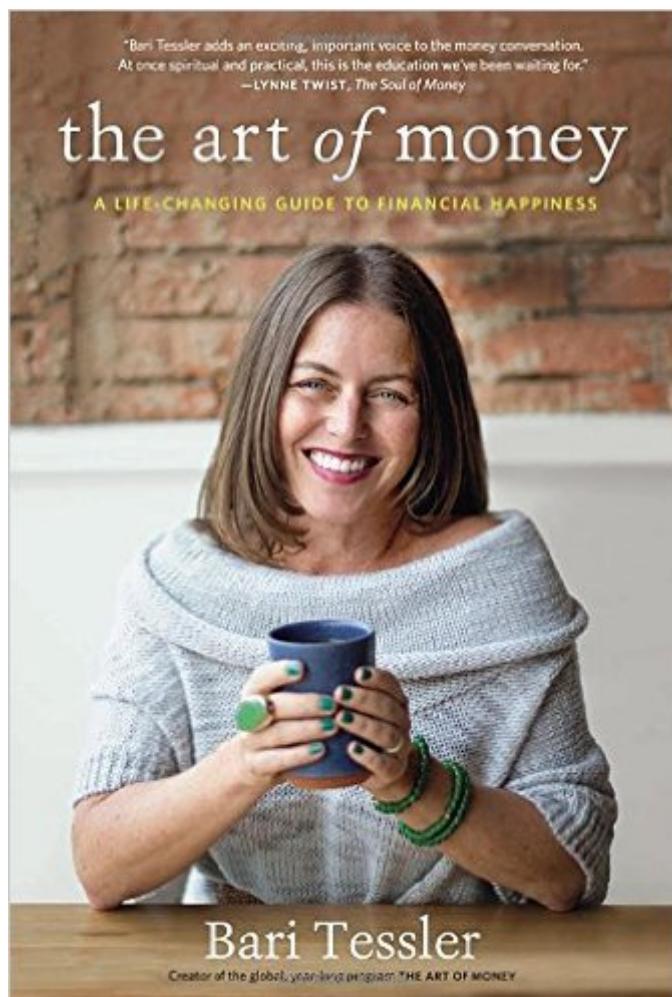


The book was found

The Art Of Money: A Life-Changing Guide To Financial Happiness



Synopsis

The Art of Money is the book your money-savvy best friend, therapist, and accountant would write if they could. Bari Tessler's integrative approach 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. Guiding readers through a step-by-step journey, The Art of Money will help anyone transform their relationship with money and, in so doing, transform their life. As the author writes, "When we dare to speak the truth about money, amazing healing begins."

Book Information

Hardcover: 296 pages

Publisher: Parallax Press (June 14, 2016)

Language: English

ISBN-10: 1941529208

ISBN-13: 978-1941529201

Product Dimensions: 6.4 x 1 x 9.3 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars (See all reviews) (59 customer reviews)

Best Sellers Rank: #14,444 in Books (See Top 100 in Books) #55 in Books > Business & Money > Personal Finance > Budgeting & Money Management #221 in Books > Business & Money > Business Culture > Motivation & Self-Improvement #236 in Books > Business & Money > Management & Leadership > Motivational

Customer Reviews

I never would have thought that I would place a book about money and finances in my top 10 must-read books category. Never would I have imagined that I would receive so much out of a book on this topic. Bari Tessler's book, The Art of Money: A Life-Changing Guide to Financial Happiness, is truly life-changing. Her voice is sweet and compassionate. She has an ability to facilitate in looking at the areas not many of us want to look at, and shines a light on them in a beautiful way, to assist in healing such big challenges like Money Shame and Money Guilt. She holds your hand throughout the book through her words, wisdom and compassion and encourages the reader to do the same with themselves. I had the privilege of reading a pre-released copy of the book and I found myself singing its praises and sharing how wonderful it is with the same intensity

and enthusiasm as if it were my own book. It was that good! It struck so many cords that I felt like I was a harp being played that was resonating beautiful music and the sounds of truth will stick with me forever, for I am forever changed as a result of it. Bari walks you through your money journey step-by-step as if she is a trusted friend and mentor that you can't help but hold onto every word and morsel she speaks about. She accompanies you as you begin to look within at your own money story, beginning with the emotional aspect of money and our beliefs behind it, before launching into any *œto-do* • lists, which often can stop us in our tracks and lead us into impossible pitfalls and giving up. She encourages the reader to find his or her own voice, story, vision, definitions, and path, and to make this process and journey their own.

I grew up in a family where we learned to never talk about money. "Don't ask anyone how much they earn and don't ever tell anyone how much your dad brings home." It was a source of tension, shame and unease. Bari opens her book with the line, "Money is the elephant in the room." She is not afraid to name the taboo, to talk about it, to help us as readers to un-shame the past and teach healthy ways to move forward. As a healer, I repeatedly hear from my clients and colleagues that money is their leading cause of stress. I tell them about Bari and what I've learned in her classes. I've had the good fortune to learn with Bari in her year-long Art of Money program for the past three years (this is my fourth year) and in her earlier Conscious Bookkeeping program. I recommend the year-long program to everyone I know. It has deeply changed my life in the way I relate with money, how I've healed my past money stories, even opening the doors to look at my values. One of my favorite tools that I learned from Bari has to do with my own body (Bari teaches what she calls the Body Check-in). What an amazing tool. I take it with me and use it all the time, not just when making financial decisions, but before I teach a yoga or meditation class, while I'm in the middle of a challenging business discussion, before and during a difficult conversation, etc. I am over the moon that Bari has somehow captured her program into something that I can hold in my hands! Talking with her over the past year about her book before it was born, I knew that it would be wonderful, but I have to say that it's way better than I expected. I love stories, and Bari shares so many throughout the book, even tender stories from her own life.

[Download to continue reading...](#)

Money: Saving Money: The Top 100 Best Ways To Make Money & Save Money: 2 books in 1: Making Money & Saving Money (Personal Finance, Making Money, Save Money, Wealth Building, Money) The Art of Money: A Life-Changing Guide to Financial Happiness Money: Saving Money: Success: Get More Money & Success In Your Life Now!: 3 in 1 Box Set: Money Making Strategies,

Saving Money Strategies & World's Best ... Tips for Personal Finance & Life Success) Personal Finance: Budgeting and Saving Money (FREE Bonuses Included) (Finance, Personal Finance, Budget, Budgeting, Budgeting Money, Save Money, Saving Money, Money) The Art of Happiness in a Troubled World (Art of Happiness Book) YOUR ULTIMATE WEALTH BIBLE : Simple Steps to a Life of Happiness and Financial Freedom: 3 Money Manifestation Books in One (Ultimate Guide To Prosperity) As a Man Thinketh (Life-Changing Classics Ser) (Life-Changing Pamphlet) Passive Income: The Death of Money and Passive Income. How to Make Money Online and Survive in the Economic Collapse (Passive income, financial freedom, ... online, free money) (collapse, shtf Book 1) Money: Mindset - The 7 Step Money Mindset Formula That Will Help You Think & Produce Like A Millionaire (Mindset, How to Get Out of Debt, Financial Freedom, ... Make Money Online, Investing for Beginners) Making Money at Home: Methods to Make Money with Drawing Portraits: How I Made More than \$50,000 Selling Art Online and Offline (Ways to Make Money with Art, Selling Drawings) Money: How to earn money with : Earn \$5000 per Week Part Time using the power of Arbitrage with Liquidation Products on (How to make money ... on , How to make money with) Money Management Tips: Control Money Don't Let It Control You (Budgeting your money, How to save money tips, Get out of debt fast, Live cheap, Debt free, Spend less) How to Hide Money During a Divorce: How to Hide Assets, How to Hide Money From Husband, How to Hide Money From Creditors, How to Hide Money During Bankruptcy) The Pursuit of Happiness: Ten Ways to Increase Your Happiness (Paul G. Brodie Seminar Series Book 3) El Poder de la alegría - The power of real Happiness: Pequeños detalles que nos cambian la vida - Happiness Factory (LAS CLAVES PARA TENER XITO EN LA VIDA) (Spanish Edition) Your Money or Your Life: 9 Steps to Transforming Your Relationship with Money and Achieving Financial Independence: Revised and Updated for the 21st Century Your Money or Your Life: 9 Steps to Transforming Your Relationship with Money and Achieving Financial Independence 6 Months to 6 Figure Passive Income: Anyone Can Do It - Guide to Guaranteed Financial Security .. Make Money While You Sleep (Personal Financial Security) The Book of Joy: Lasting Happiness in a Changing World A Faith for the Future: Church's Teachings for a Changing World: Volume 3 (Church Teachings for Changing the World)

[Dmca](#)