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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

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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 â€œto-doâ€• 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.

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