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# The Recovering Spender: How To Live A Happy, Fulfilled, Debt-Free Life



## Synopsis

> Millions of Americans today are near financial disaster—spending more money than they are bringing in, and losing control of their money. Lauren Greutman knows how that feels. For years, she struggled with too many bills to pay and not enough money to pay them. When Lauren found herself drowning in debt, she finally faced her extreme spending habits and took action. In *THE RECOVERING SPENDER*, Lauren shares her story and offers advice that is based on the many strategies she developed to change her own life and bring her family budget back to black. Lauren shows her readers, step-by-step, how to get rid of bad money habits, pay down debt, and stay within a budget. Some of the action chapters in the book are: Take an Inventory of Your Spending, Declutter Your Finances, Do an Expense Audit, Curb Your Spending and Define Your Values. Lauren exchanged the overrated, stressed-out American dream for a new one—a happier life filled with family, friends, and financial freedom—and now you can do the same!

## Book Information

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## Customer Reviews

I have to admit, I purchased this with a bit of skepticism. I have read many a budgeting/saving/financial peace book trying to find something that would work for my family. Most are very fact filled, form filled, and rather boring. Its like going to school again and would put me into a "I am likely to fall asleep at my desk as the professor drones on" mood. NOT WITH THIS BOOK!!! began to flip through pages when I received it. First thing I noticed was that the writing style was casual and easy to read. It was not stiff, clinical, and boring. I had a few minutes to spare, so I sat down to read the first few pages..... suddenly, an hour had passed. It reads THAT easy! Lauren tells her story from the beginning, telling not just the happy stuff, but the nitty gritty details, emotions, and

events that led her to where she is now. There is nothing glamorized in her descriptions. She tells it like it is. Her story is laid out and reads like she was sitting there with you, telling her story in person. A real person. Speaking directly to you. You see her life unfold with nothing held back or glossed over. I had several "I thought I was the only one" moments as I perused the pages. It is the kind of wake-up call I needed. What is even better is the straightforward way she presents her method of getting out of debt. It's a no b.s. plan. It's not glossy and flashy. It really makes you look in the mirror and evaluate yourself and your choices. It's real and it's not easy and it's not pleasant, but it works. It was also something I can share with my finance-a-phobic husband so we can work together. Her story is empowering. Learning from her is as easy as two friends talking over coffee.

I recently brought my copy along with me while on vacation so that this could be my "down time on the beach reading material". I'll be honest though - I wasn't super duper excited reading another book about finances. If you know me, I'm a huge proponent of budgeting, using coupons, and finding good deals, but I didn't want to read a tutorial on something that I feel I have already mastered. But this book wasn't just about those practical things. It was SO MUCH more! I met Lauren for the first time a few years ago and at a blogging conference. We were actually roommates - and discovered that we have a mutual friend that lives near me (it's a small world!) I remember looking up to Lauren thinking she has it all together with her successful blogging business, and is just so friendly and outgoing. She is so knowledgeable, caring and real. I wanted to learn as much as I could from her that weekend because she seemed to have it all together. And then I read her book and realized I didn't know her story at all. This book Lauren gets down to the nitty gritty, painful details of her spending addiction that resulted in her family being \$40,000 in consumer debt! A large chunk of that was from "buying customers" to earn a "free" car from another business she had in the past. My jaw just dropped when I read how she'd go to Target, buy whatever she wanted, and hide it in the trunk of her car so her husband would see it until she put everything away. She revealed how terrible communication was about finances in her marriage. She shared her insecurities and how they drove her to "live the American dream" to have nice things, no matter the consequences.

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