

6 Steps To Surviving The Recession

Financial Coaching

Control Your Emotions – Eliminate Your Debt

It is easy to say, "**control your emotions**".

If it was easy to control your emotions, you probably wouldn't feel the need to be reading this e-book, would you?

Let's face up to it. Finance, or lack of finance, is a very emotional and emotive subject. People fall out, divorce, sue, fight, hurt, go to prison, die and even kill themselves and one another over and because of it.

We are all emotional and sometimes sentient beings. In the so-called 'good times', we didn't really discuss finance and money as much, or as often as we should or could have. Now that we are experiencing a "downturn" we seem ever more reluctant to do so. Most people are still far more comfortable talking about work, sex, death, beliefs, and relationships and lots of other hot topics and issues of the day.

"If it was that easy to talk about money, sure wouldn't we all be doing it?" The "average" person does not grow up with money being discussed in the home, in an open, calm and frank manner. Finance usually raises its ugly head at the end of the week or month. This we know from personal experience. It was always "discussed" in rather an aggressive and defensive manner by our parents. Seldom have many experienced an "open" relationship with their own or another's finances.

"It is no wonder we grew up afraid of money, and all things financial".

Sometimes it is good not to control the emotions. Once in a while, consider letting off a bit of steam, rant and rave a little. Give out and shout down the houses, once in a while. There is probably some level of stress relief in that, providing we are not doing harm to others. And this is particularly so when it comes to dealing with financially stressful situations. Do let off the steam before you make any calls though.

How many times this year have you called your bank manager to challenge him or her about the value that you are getting by buying their products and services?

If you have not done this at all this year, read this book first. It might just be the silver bullet that you have been looking for. And might just give you the edge you crave, or at least it might just level out the playing field a little bit for you.

That is why you are reading this book. We hope that in reading this book, at the very least, that it challenges your thinking. And we certainly hope that it educates and possibly entertains you. And that, finally, it provokes you into taking back some of the Financial Control that has been lost or stolen from you, in a calculated and very calm manner. With this book you can put plans and structures in place to gain or regain Emotional Financial Control (EFC). And when you do gain or regain Emotional Financial Control (EFC), you can then recommence or commence living as you have always been entitled to live, with peace of mind, as is your right.

"One of your main aims in life must be to provide for your own financial independence, without self-delusion, procrastination or trusting to luck"

Brian Tracy

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Ireland's top Financial Coach offers a practical guide to surviving the recession. Darrell charges thousands of euro for the same advice which you can avail of for 29.99. * specific steps to reduce debt * avoid deadly recession mistakes * learn the mindset of the truly wealthy * know in detail how to deal with financial challenge

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