



# Creating Wealth From The Inside Out Workbook

*Kathleen Burns Kingsbury*

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# Creating Wealth From The Inside Out Workbook

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**Creating Wealth From The Inside Out Workbook** Kathleen Burns Kingsbury

*Creating Wealth from the Inside Out Workbook* is a step-by-step guide for changing how you think and feel about money. Using easy, practical tools and techniques, you'll examine and change your money mindset to support a wealthier and richer life.

As with all personal growth, taking action is key to making change. This workbook and the exercises in each chapter will help you do just that -- take action toward a healthier, more financially conscious you.

The work begins with coaching exercises geared toward gaining insight into your money history. You will then examine how your financial history impacts your current spending, saving, investing, and giving habits. You will also identify key areas for change and growth. Next, simple and effective tools are offered for letting go of money beliefs and attitudes that negatively impact your wealth. A practical solution for shifting these money messages is presented. Finally, guidelines for conducting productive financial conversations as well as tips for finding and interviewing qualified financial professionals are shared.

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