

Money Can Buy Happiness: How to Spend to Get the Life You Want

By MP Dunleavey

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YOU CAN AFFORD TO BE HAPPY

MP Dunleavey, personal finance columnist for the *New York Times* and creator of the award-winning “Women in Red” column on MSN Money, presents a radical new plan for attaining happiness—and it doesn’t involve taking money out of the equation. The secret to true and lasting contentment is learning *how* to spend your cash.

Don’t just spend on—invest in yourself!

Learn how to use your money to buy:

More Time
Less Stuff
Better Health
Stronger Relationships
Greater Confidence
Rewarding Hobbies
Life-enhancing Skills
Financial Security
Peace of Mind

How many times have you been told money can’t buy happiness?
It’s time to abandon this old chestnut because money is a powerful tool, which can in fact buy you all of the things you never thought it could: peace of mind, a healthier lifestyle, more time to do the things you love, stronger relationships, security, and loads of fun.
In a world where we’re bombarded with the temptations of conspicuous consumption, personal finance columnist MP Dunleavey presents an antidote to empty spending. Through quizzes, worksheets, real life examples, and sound financial advice, MP shows you how to stop throwing your money away on fleeting pleasures like the hot new designer handbag, or the biggest house on the block, and start investing in your own portfolio of happiness.
Reallocating your assets to reflect what really satisfies you is the way to enjoy a life of true wealth. *Money* Can *Buy Happiness* is for anyone who believes

finishing happy is more important than finishing rich.

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Money Can Buy Happiness: How to Spend to Get the Life You Want By MP Dunleavey Bibliography

- Sales Rank: #2211208 in Books
- Brand: Brand: Harmony

- Published on: 2007-05-29
- Released on: 2007-05-29
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .87" w x 5.80" l, .72 pounds
- Binding: Hardcover
- 224 pages

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Editorial Review

From Publishers Weekly
By highlighting the "personal" in personal finance, New York Times and MSN Money columnist Dunleavey offers advice as easily understood as it is implemented. Dunleavy focuses her program on conquering the behavioral impulses that keep people from getting the bigger things they really want from life-whether that means packing in a jetset lifestyle, buying an alpaca farm or ditching the newly-purchased suburban dream home to return to the city to be near friends. By emphasizing the quality over quantity of spending and providing quick exercises to help prioritize what matters, she produces a holistic and realistic method of financial planning. Though she does not shy away from the obvious cure for under-saving, overworked, financially-stressed consumers-that being to buy less stuff-she does provide the framework for doing so, along with easy strategies for saving for retirement and erasing debt. Her advice is as solid as it is sympathetic and encouraging.
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From Booklist
Not another how-to-manage-your-money book of advice?! Well, yes and no. New York Times business columnist Dunleavey does resort to the pay-down-debt, save-more-money spiel. It is accompanied, however, by some smart-aleck quotes (for instance, Quentin Crisp's "Never keep up with the Joneses. Drag them down to your level. It's cheaper"); more than enough thoughtful exercises (including "your money or your life," asking readers to rate a 4,000-square-foot home and one-week vacation and a 2,000-square-foot home and three weeks of vacation, among others); and a make-sure-that-fun-matters philosophy. She advocates spending for convenience and saving time; after all, it is false economy to spend $60 on two pairs of shoes that wear out in 90 days. There's much good discussion, too, on boosting fun yields and gaining by giving; the elements of happiness, for most, involve relationships of all sorts and paying rent for the spaces we occupy on this earth. Worth a second and third read. Jacobs, Barbara

About the Author

MP Dunleavey is a personal finance columnist for the *New York Times* and creator of the popular “Women in Red” series for the MSN Money Web site. She lives in upstate New York with her husband, son, two cats, and more house repairs than she bargained for. But is she happy? You bet.

Users Review

From reader reviews:

Clarence Nelson:

Do you have favorite book? When you have, what is your favorite's book? E-book is very important thing for us to learn everything in the world. Each publication has different aim or goal; it means that guide has different type. Some people sense enjoy to spend their time for you to read a book. They can be reading whatever they consider because their hobby is definitely reading a book. Why not the person who don't like reading a book? Sometime, person feel need book whenever they found difficult problem as well as exercise. Well, probably you should have this Money Can Buy Happiness: How to Spend to Get the Life You Want.

Jean Gaskin:

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Ana Worcester:

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Sean Lee:

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