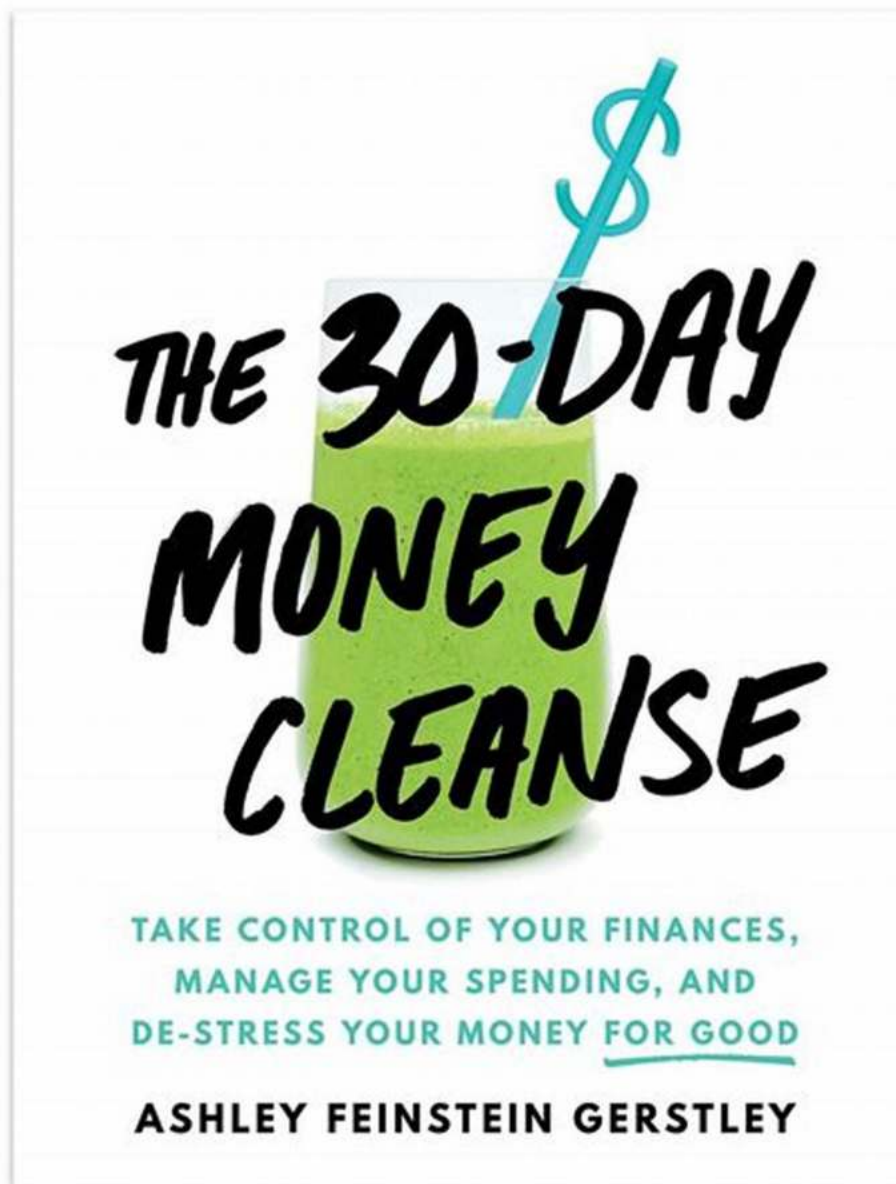


# The 30 Day Money Cleanse: Reset Your Financial Habits



Are you tired of living paycheck to paycheck? Do you often find yourself drowning in debts with no end in sight? It's time to take control of your finances and give yourself a fresh start. Introducing the 30 Day Money Cleanse, a transformative program designed to help you develop healthy financial habits and eliminate

unnecessary expenses. Follow along as we guide you towards financial freedom and empower you to take charge of your money.

## Why Do You Need a Money Cleanse?

Just like your body needs a detox, your finances can greatly benefit from a thorough cleanse. Over time, we tend to accumulate bad spending habits and lose sight of our financial goals. The 30 Day Money Cleanse is the perfect opportunity to reset your mindset and evaluate your relationship with money. By adopting new budgeting techniques and eliminating unnecessary expenses, you can regain control over your financial well-being.



## The 30-Day Money Cleanse: Take control of your finances, manage your spending, and de-stress your money for good

by Ashley Feinstein Gerstley (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English  
File size : 5767 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 259 pages



## 5 TIPS TO CREATE HEALTHY FINANCIAL HABITS

*Doing things differently can feel very strange at first, but developing healthy financial habits will reap rich rewards*



1

### Automatic savings

We can be lazy when it comes to savings. It's a good idea to set up an automatic transfer to come out of your account the same day you're paid.

2

### Automatic spending

If you have debt you need to get on top of, set up an automatic transfer to pay more than your regular minimum monthly payment.

3

### Share your goals

If you have friends, family, or colleagues you trust, share an important goal with them. Those who write down their goals and share them with others are more likely to achieve them.

4

### Lose credit cards

For some, a credit card that hasn't reached its limits feels like money in the bank. Often the thrill of what we bought has long gone by the time we get the bill and we have to pay.

5

### Treat yourself

We've become accustomed to 'treating ourselves'. We work hard and deserve it. Do we deserve to be debt free rather than spending our weekly budget on a night out? Stop spoiling yourself at the expense of your financial freedom.

*Embracing healthy financial habits can feel strange at first, but the rewards are rich and worthwhile.*

## How Does the Money Cleanse Work?

The 30 Day Money Cleanse is a step-by-step program designed to help you reset your financial habits and develop a healthier relationship with money. Here's an overview of what you can expect during this transformative journey:

### Assess Your Current Financial Situation

The first step towards financial freedom is to assess your current situation. Take a deep dive into your monthly income, expenses, and debts. Identify areas where you can cut back and create a realistic budget that aligns with your financial goals.

## **Eliminate Unnecessary Expenses**

During the cleanse, it's important to identify and eliminate any unnecessary expenses. This can include subscriptions you no longer use, eating out excessively, or shopping for items you don't need. By removing these expenses, you can redirect your money towards more meaningful investments.

## **Create an Emergency Fund**

Building an emergency fund is a crucial part of any financial journey. Start setting aside a specific portion of your income towards this fund. Having an emergency fund will provide you with peace of mind during unexpected situations and prevent you from falling back into debt.



# THE 30-DAY MONEY CLEANSE

TAKE CONTROL OF YOUR FINANCES,  
MANAGE YOUR SPENDING, AND  
DE-STRESS YOUR MONEY FOR GOOD

**ASHLEY FEINSTEIN GERSTLEY**

## **Adopt Effective Budgeting Techniques**

A successful money cleanse involves adopting effective budgeting techniques that work for you. There are various methods to choose from, such as the 50/30/20 rule or zero-based budgeting. Experiment with different approaches and find the one that aligns best with your financial goals and lifestyle.

## **Develop New Financial Habits**

During the 30 Day Money Cleanse, you will have the opportunity to develop new financial habits that will set you up for long-term success. These can include automating your savings, tracking your expenses, and exploring additional sources of income. By consistently practicing these habits, you will pave the way towards financial independence.



## **The Benefits of the 30 Day Money Cleanse**

The 30 Day Money Cleanse is not just about temporarily cutting back on expenses. It is a transformative journey that has numerous long-term benefits, including:

- Gaining control over your finances
- Paying off debts faster

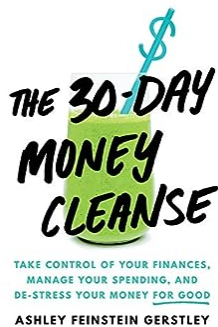
- Building a solid financial foundation
- Reducing financial stress
- Increased savings and investments
- Improved credit score

## Get Started on Your Money Cleanse Today!

Are you ready to regain control over your financial future? Join the 30 Day Money Cleanse and embark on a life-changing journey towards financial well-being. Remember, it's never too late to take charge of your money and create a better future for yourself and your loved ones.

Sign up now and say goodbye to financial struggles!

Disclaimer: The information provided in this article is for educational purposes only. Consult a financial advisor before making any significant financial decisions.



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Eliminate your money anxiety and create lasting happiness with your financial situation — not by creating a blistering budget but by living the life you love!

Ashley Feinstein Gerstley was working in financial services when she came to the shocking realization that even she was stressed about her personal finances. Ashley quickly realized that her stress didn't only arise from a lack of knowledge but from the way that we as a society treat and talk (or rather don't talk) about money, so she created a system to turn the entire practice on its head! The 30-Day Money Cleanse, named an Amazon Best Book of 2019 So Far, is a groundbreaking money management book that will set you on the path to financial peace with interactive journaling prompts to hold you accountable and keep you on track.

Through Ashley's system, in just 30 days you will create a healthier, happier relationship with your money by:

- Eliminating all money stressors
- Finally knowing where your money is going
- Breaking those panic-inducing bad money habits
- Learning the basics of how and where to invest
- Making a plan that you can not only live with but enjoy

With its cheery and easy-to-follow guide, this is the perfect book on money management for young adults or those looking for an unintimidating guide to managing money. Readers who have tried the 30-Day Money Cleanse have, on average, saved over \$950 through the course of the month! Are you ready for financial freedom?

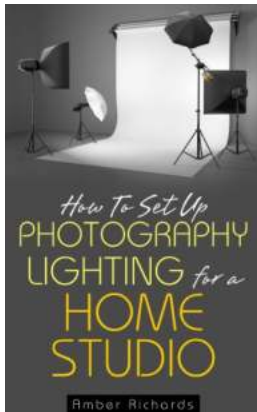


"[An] easy-to-follow guide to creating a healthy personal relationship with money."—Publishers Weekly



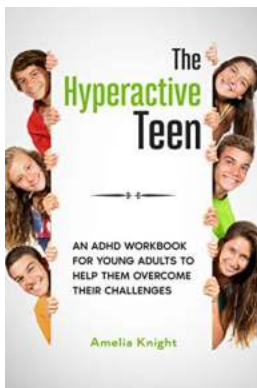
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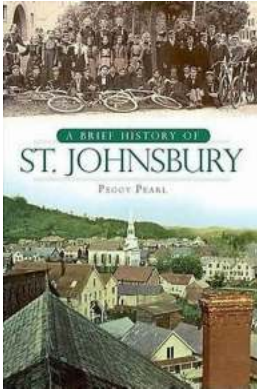
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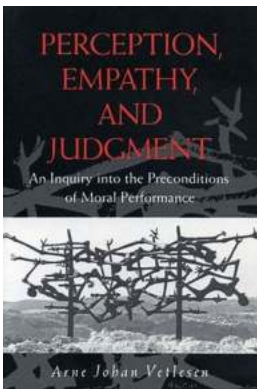
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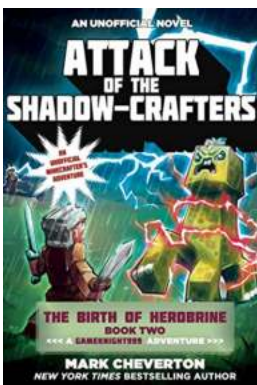
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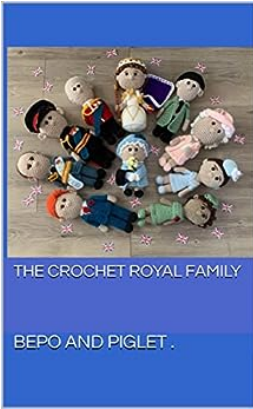
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