

How to Breathe Underwater: The 4 Week Plan to Relieve Debt Stress

# How to Breathe Underwater: The 4 Week Plan to Relieve Debt Stress

✓ Verified Book of How to Breathe Underwater: The 4 Week Plan to Relieve Debt Stress

## Summary:

How to Breathe Underwater: The 4 Week Plan to Relieve Debt Stress download pdf free is give to you by countusdown that give to you no cost. How to Breathe Underwater: The 4 Week Plan to Relieve Debt Stress download books free pdf uploaded by Trevor M. Ahrendt at January 17th 2017 has been changed to PDF file that you can show on your macbook. For the information, countusdown do not add How to Breathe Underwater: The 4 Week Plan to Relieve Debt Stress download free pdf ebooks on our website, all of book files on this server are found through the internet. We do not have responsibility with content of this book.

Worried your debt will derail your life?

Tried to get a financial plan together, but failed because you were too overwhelmed?

Doing everything you can to avoid your balance and wind up paying the minimum at the last minute?

Feel like you're the only one?

You are not alone. Most of us are in debt. Most of us just don't talk about it. Most of us are embarrassed, and regret the choices that led to debt, or at least worry how it will hurt our future. Most of us feel like we SHOULD have a financial plan and SHOULD be making progress, but we get stuck trying to get it together because it's so overwhelming, disheartening, and embarrassing.

I know the pain. I'm a clinical psychologist who accrued \$220,000 in debt pursuing my dream job. It freaked me out, and sent me spiraling. Until I realized that, wait a minute, I'm a psychologist and these are feelings! And if nothing else, I knew how to deal with feelings.

This book contains my 4-week program written by me, a licensed clinical psychologist, to tackle the problem of debt in a completely new way as a psychological block as much as a financial one. Have you tried to get your act together and failed? This book is the bridge between you and a successful financial plan, as well as reducing all the negative feelings you have about yourself because of debt. I packed it with empirically supported psychological strategies, and wrote it with an irreverent, compassionate flair, so that this book will be entertaining and really help.

There's also free, bonus content available for those who make a purchase available on [reliefindebt.com](http://reliefindebt.com), including audio files of guided meditation and surveys to track the effectiveness of this program.

Learn ways of controlling your anxiety and getting proactive about your debt. Understand that you aren't alone, and get rid of that shame you're dragging around. Use this struggle as a way of deepening your knowledge about yourself to lead a fuller, more meaningful, and richer life. Get your emotions and stories about yourself under control so you can really, finally get that financial plan in order.

Feel like you're drowning in debt? Learn to breathe underwater.

## TESTEMONIALS:

"This is a workbook, but even if all one does is read through the pages and not fill out the forms, one will be changed by the process. It's written in a humble, down home manner, as if you were both sitting cross legged in his living room, comparing stories. With some breathtaking statistics (read for yourself) Dr. Ahrendt proves the Radical Psychiatry refrain that personal troubles can be understood as public issues, normalizing debt. He reframes debtshame into compassion for those both in terrific debt but also those who are rolling in money (there are twists and turns in this book). This is a manual for raising self esteem, and redefining ourselves, debt or no debt. Many of the exercises have to do with identifying values, needs, and longings, and then seeking ways to meet those needs and aspirations with practical and immediate action. The whole book could be a college course unto itself! Thank you, Trevor."

Carla Hamowitz, PhD

## How to Breathe Underwater: The 4 Week Plan to Relieve Debt Stress

Thanks for viewing PDF file of How to Breathe Underwater: The 4 Week Plan to Relieve Debt Stress on countusdown. This posting just for preview of How to Breathe Underwater: The 4 Week Plan to Relieve Debt Stress book pdf. You must remove this file after reading and by the original copy of How to Breathe Underwater: The 4 Week Plan to Relieve Debt Stress pdf book.