



31 Days of Living Well and Spending Zero: Freeze Your Spending. Change Your Life.

Ruth Soukup

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31 Days of Living Well and Spending Zero: Freeze Your Spending. Change Your Life. Ruth Soukup
Practical Advice for Getting Ahead Ever feel like your budget has gone off track, or make it to the end of the month and wonder where your money actually went? A month of no-spending is the perfect way to reset your spending habits, but doing it alone can seem downright scary. What if there was a simple resource that offered a month of daily challenges for spending not just less, but absolutely ZERO. What if you could gain confidence from daily ideas for planning your meals, getting your home in order, and becoming more creative—all without spending a dime? 31 Days of Living Well & Spending Zero is that resource. As you work through the ideas found in month-long challenge, you will: Discover the surprising joy of zero spending, and make instant changes that will totally transform your attitude. - Learn how to use the food you already have on hand to create delicious, budget friendly meals for your family. - Be inspired to clean and declutter your living space in order to create the cozy space you've always dreamed of. - Gather innovative ideas for using those items you already have on hand to create new solutions for old problems. - Find encouragement and inspiration from others who have completed this same challenge—and lived to tell the tale. - Learn simple tricks and tips for selling your stuff, slashing your bills, and even saving on food.

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