



Money Shy to Money Sure: A Woman's Road Map to Financial Well-Being

Olivia Mellan, Sherry Christie

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If you feel nervous or confused when dealing with money decisions, you're not alone. Many smart women recognize the need to make informed decisions about money yet are thwarted in their efforts because of anxiety and insecurity, emotions that often come out of parental, cultural and social influences.

Nationally known money therapist Olivia Mellan has long understood that you can't make good money decisions unless you realize what role money plays in your life. In *Money Shy to Money Sure*, she and financial writer Sherry Christie lead you on a journey of self-discovery that will boost your financial confidence and expertise. They begin by analyzing the seven most common myths that hamper women when dealing with money, then counter those misconceptions with positive messages based on facts. Mellan and Christie present equally valuable advice about managing your money—including a primer on how the stock market works, tips on deciding which savings or investment options are best for individual circumstances, strategies for finding and working with a financial planner, and much more.

This money-wise, woman-wise guide to achieving financial confidence and security includes insightful quizzes to help you set goals, and action plans for reaching your objectives without sacrificing your principles or alienating your family. There are also inspiring success stories and cautionary tales from the lives of ordinary women and from such celebrities as Katie Couric, Linda Ellerbee, and Gloria Steinem.

If you feel anxious about your financial future—whether you're struggling to make investment decisions or negotiating money conflicts with a partner—you'll find in *Money Shy to Money Sure* the best kind of therapy: encouragement, valuable advice, and the inspiration that comes from shared experience.

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