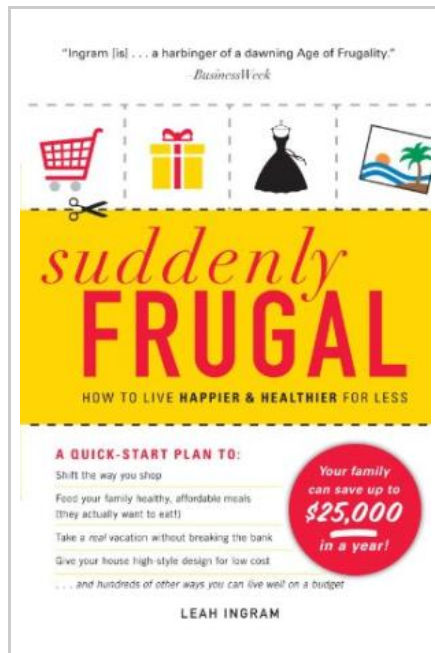



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Suddenly Frugal: How to Live Happier and Healthier for Less

By Leah Ingram

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Suddenly Frugal: How to Live Happier and Healthier for Less, Leah Ingram, Many people know one or two things they can do to save money, like cutting back on vacations and meals out, but beyond that, they're stumped. When they look at their current lifestyle, they have no idea where they can trim the fat without sacrificing their quality of life. That's exactly what this guide will do. It will help you identify small, painless changes you can make to your daily habits that can add up to big savings--while bringing you closer as a family. By grouping these money-saving tips into a room of the house or errand on a to-do list, you can immediately put your suddenly frugal plan into action--and instantly begin saving money. By pinpointing the dollar amount associated with each cost-saving step, financial whiz and mom Leah Ingram will inspire you to embrace--and enjoy--your new frugality.



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