



LOADED: Money, Psychology, and How to Get Ahead without Leaving Your Values Behind

Sarah Newcomb PhD

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Your most valuable asset...is you. *LOADED* will teach you how to make the most of it.

"LOADED is that rare resource which somehow captures both theoretical and practical wisdom about money, personality, and life. Your views - and actions -with money will be much improved after reading the wonderful advice in LOADED." - James Grubman, PhD. Author of *Strangers in Paradise: How Families Adapt to Wealth Across Generations* and co-author of *Cross Cultures: How Global Families Negotiate Change Across Generations*

Based on decades of research, and years of hands-on experience with people from all walks of life, *LOADED* is a must-read for anyone who finds themselves caught between the desire to thrive financially, and the complex emotions and conflicting priorities that money so often brings to our lives.

Inside, you will learn:

- How to identify and change core beliefs about money that hold you back
- Why your current budget is working against you
- How to create a healthy and sustainable financial plan that suits your personality

Deeply researched, yet written in an approachable, conversational tone, this book offers insight into how the reader's personal experiences have shaped their financial attitudes, and how they can have a healthier relationship with their own money.

Worksheets and personal money psychology assessments supplement the text.

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