

## The net worth workout: a powerful program for a lifetime of financial fitness

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### Abstrak

Are your bills bloated, your savings scrawny, and your investments sluggish and lazy? This book presents a program for prioritizing, goal-setting, and follow-up that will get your finances into shape. Inspired by the author's successful seminar program of the same name, The Net Worth Workout uses a subject that people relate to easily -- health and fitness -- to make the nervewracking topic of personal finance more accessible. The book helps you develop the discipline and consistency you need to build your financial muscle. The author compares:

- \* Spending with Calorie Intake: Junk spending decreases wealth, while nutritious spending boosts it.
- \* Saving with Muscle Strength: Just as weightlifting builds muscle, smart saving builds financial strength.
- \* Earning with Metabolism: Earning more (whether through higher pay or taking better advantage of benefits) helps maximize the other components of your financial health.
- \* Investing with Cardiac Fitness: The heart of lasting financial health, investing increases the long-term effectiveness of the other components and ensures a robust financial life.

The Net Worth Workout shows you how to follow a manageable, consistent regimen that will help ensure a healthier financial future -- all while hardly breaking a sweat.