



Life & Debt: a fresh approach to achieving financial wellness

Leslie Tayne

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Life & Debt is not your typical "get debt free" book. It's about learning to love and embrace your debt because in today's world, it is practically impossible to be debt free. Life & Debt is not about teaching life without debt, or to be free of debt, but learning to live with debt and embracing it to the extent that you manage it and take on debt that makes sense for your life. The key lesson from the book is learning to love your debt is one of the first steps of being able to properly manage it. For anyone who wants to live their life with debt happily - college students, grads, parents, grandparents, and those on fixed incomes, business owners and heads of households - the concepts can be fit into any lifestyle on different levels from basic income to complicated budgets. Also suitable for people going through life transitions (marriage, divorce, widow, retirement), as well as most of the middle class who are struggling to keep up with the Joneses.

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