



# **Pocket Your Dollars: 5 Attitude Changes That Will Help You Pay Down Debt, Avoid Financial Stress, & Keep More of What You Make**

*Carrie Rocha*

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When it comes to money, attitude is everything

Carrie Rocha, founder and owner of Pocket Your Dollars.com, one of the most popular sites on the web, shares the secrets that will help you change the way you think about money. Seven years ago she and her husband were surprised to discover the mountain of debt they'd accumulated. They knew they'd have to make big changes. Thirty months later they were debt free and have stayed that way ever since.

How did they do it? It wasn't through a step-by-step financial program or spending plan. **It turns out, budgets can't fix everything--real change takes an attitude adjustment.**

You too can triumph over the pitfalls that lead to financial stress. With practical help in every chapter, including real-life examples and easy-to-use self-assessment tools, you'll soon understand what Carrie discovered: **Lasting change can start today.**

"With prices soaring higher than incomes are growing, families everywhere need to learn what Carrie Rocha teaches in *Pocket Your Dollars*."--Mary Hunt, Author, *7 Money Rules for Life and Raising Financially Confident Kids*

"I highly recommend *Pocket Your Dollars*. This book addresses the root causes behind most money problems."--Will Chen, co-founder of Wisebread.com

"For readers who think that they weren't taught to handle their finances correctly, or that everyone around them is making financial change impossible, Rocha's methods should prove worthwhile." --*Bookpage*

"Anyone with the goal of tightening her wallet in the new year will find Pocket Your Dollars incredibly helpful (and let's face it, that's pretty much everyone, right?)." --Sheknows.com

Carrie Rocha owns and operates PocketYourDollars.com, one of the most popular personal finance sites on the web, helping readers enjoy life within their means. Carrie writes regularly for Bankrate.com and has been featured on *Wall Street Journal Radio*, *Glamour*, Yahoo! Finance, CNNMoney.com, FoxBusiness.com, and many other magazines and websites. Carrie lives with her husband and two daughters in suburban Minneapolis, Minnesota. Learn more at [www.pocketyourdollars.com](http://www.pocketyourdollars.com).

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