

# HOW TO STOP WORRYING ABOUT MONEY

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I used to worry about money constantly. I was gripped by the fear of poverty, and not having enough money. But that is quickly becoming a thing.

### **How to Stop Worrying About Money**

There are more important things to worry about than money ' - right? This is true, there are. However, money is the biggest thing we worry.

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### Stop Obsessing Over Money | HuffPost

In our very private moments, most of us have simple dreams when it comes to money and life. We want to stop worrying about money and live.

Feeling like your finances are out of control can be downright scary. Don't miss these 8 smart ways to get back on track and stop worrying about.

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The stress and lack of sleep I endure affect other areas of my life as. Worrying about money has been so ingrained in our culture today that it has literally become an epidemic. If I learned one thing in my first year as a financial planner it was that everyone is different.

In the end, the only way that this question makes sense is if I assume that my friend  
Who the heck wants to live like that? Get your spouse in on what your concerns are and how you can work together to overcome challenges.

Sometimes couples are on different pages when it comes to spending and saving  
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Handling personal finances once a month is a great idea, and it is how I do it.