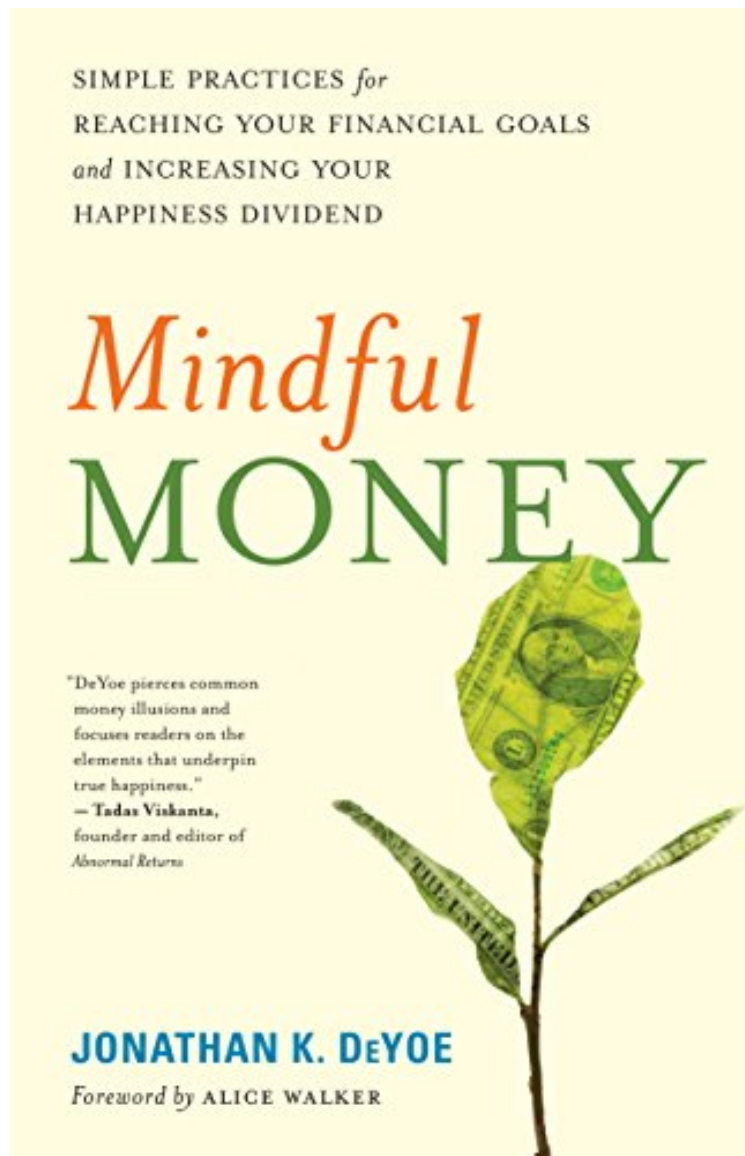


[Download] Mindful Money: Simple Practices for Reaching Your Financial Goals and Increasing Your Happiness Dividend

Mindful Money: Simple Practices for Reaching Your Financial Goals and Increasing Your Happiness Dividend

Jonathan K. DeYoe

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Jonathan K. DeYoe : Mindful Money: Simple Practices for Reaching Your Financial Goals and Increasing Your Happiness Dividend before purchasing it in order to gage whether or not it would be worth my time, and all praised Mindful Money: Simple Practices for Reaching Your Financial Goals and Increasing Your Happiness Dividend:

2 of 2 people found the following review helpful. The sooner you read this book the better off you'll be. By Constance I. Wiggins This is a book that should be required reading for every senior graduating from high school or college. I don't know if they teach any courses about how to live in comfort in this life but managing money and other resources well is mandatory. These days of exorbitant student debt can cause a dark cloud to hover over one's choices. Saving is no longer held up as something smart to do. The idea that somehow money will be available someday when it is really needed is a fool's errand. The young find it hard to imagine old age and being confined to a nursing home of questionable worth but it is a reality of some people's lives. I'm past the age of 65 and any one who tries to live on Social Security alone knows that is not an easy life. Mr. DeYoe's buddhist approach is imminently useful, since we would all be well advised to follow the Buddha's precepts.

3 of 4 people found the following review helpful. Dispelling Illusion and Finding Happiness By Gary Ray Mindful Money tackles a difficult subject for those on a spiritual path, especially a Buddhist path. When it comes to money and personal finance, American Buddhists lack a tradition to draw upon. We know about Right Livelihood, following a path free from harming others, but our relationship with money is what we brought to the table, usually learned from our parents. There are no guidelines as lay people. Monastics have simple rules for money, and if you read about lay people in Buddhist texts, you're reminded that merchants are evil cheats and money is a dead end path. So lay people are left wondering how money plays into their spiritual lives, which leads to perhaps not handling it properly or dealing with a literal embarrassment of riches. One of my favorite Buddhist texts puts it like this: In the beginning wealth makes you happy and envied; But however much you have, it never seems enough. In the middle miserliness tightens its knots around you: You can't bear to spend it on offerings or charity. Your wealth attracts enemies and negative forces, In the end, wealth's a demon that puts your life in danger. How frustrating to just look after wealth for your enemies! I've cast off this millstone, which drags us down into samsara. I want no more of this devil's lure. -Jetsun Milarepa from Words of My Perfect Teacher: A Complete Translation of a Classic Introduction to Tibetan Buddhism (Sacred Literature)

Mindful Money takes on personal money management for the spiritually minded with a light touch. It dispels the money illusion we live with, taught by the pundits and money gurus. It simplifies strategies and goals, asking the reader to define their money priorities and accepting the limitations of work and savings. It asks you to define meaning through relationships, generosity and gratitude and work towards those well defined goals, rather than frittering away money on illusory bobbles that don't bring us happiness or fulfill our goals. It takes a middle path. Mindful Money throws light into the dark spaces of the mind reserved for our uncomfortable relationship with work, money and our materialistic needs, warranted or not. In Buddhist terms, it would be a "path text," describing how fortunate we are to have come to this point, how left to our own devices we're often mired in illusion, and finally, providing a way out towards well intended financial goal. Mindful Money isn't truly a religious or spiritual text, but it's certainly compatible with those who would rather be reading one.

0 of 0 people found the following review helpful. A thoughtful blend of philosophy and financial planning By dk You can pick up any investing or financial planning book and learn about the basics of building wealth, diversifying, dollar-cost averaging and the time-value of money. Mindful Money is NOT another banal 'how-to' book on portfolio theory. DeYoe offers a financial blueprint that starts with defining the things that are most important to us (family, charity, friends, purpose) and ends with a practical framework for achieving our goals. This spiritual approach to planning takes what is normally a stressful and daunting task and puts it into perspective.

Is it possible to be a conscientious citizen of the world and grow wealth? The author, a Buddhist and a financial planner, says yes and explains exactly how. Money drives many of our decisions. We all worry about earning it, spending it, and saving it; regardless of our income level or spiritual perspective. Yet few of us understand money's true nature. Jonathan K. DeYoe helps you create a unique financial plan that is guided by your deepest beliefs, and shows you how to save, invest, pay off debt, and fund your retirement and dreams by building a lifetime income stream. With a foreword by Pulitzer Prize winner Alice Walker, Mindful Money does all this while emphasizing that money is a tool you can use to support your lifestyle, reach your goals, and earn the happiness dividend; everyone deserves.

DeYoe pierces common money illusions and focuses readers on the elements that underpin true happiness. "Tadas Viskanta, founder and editor of Abnormal Returns Mindful Money, a book grounded in a belief system that is deeply compatible with my own spirit, teaches the lessons I have been waiting for." from the foreword by Alice Walker, Pulitzer Prize-winning author of The Color Purple Mindful Money provides a commonsense and inspirational framework that serves as a road map to happiness and offers a thoughtful reassessment of how money is just a tool, not the destination. "Burt White, managing director and chief investment officer of LPL Financial: If there were a smarter and better way to manage your money and your life, you'd want to know right away. So open this book and start reading." Bob Seawright, chief investment officer of Madison Avenue Securities and blogger, Above the Market: Teaches you to put wealth-building ideas into action. . . . If you read one money book this year, let it be Mindful Money." Barbara A. Friedberg, MBA,

MS, expert investor and author of *Invest and Beat the Pros*—[DeYoe's] advice is solid, his delivery is assured, and his claim of discovering the key to happiness is surprisingly plausible. Publishers Weekly
About the Author Jonathan K. DeYoe, CPWA, AIF, is a California-based financial adviser with twenty years' experience and a longtime Buddhist. In 2001 he founded DeYoe Wealth Management, which works with families and institutions. He lives in Berkeley, California.