



Lean Body, Fat Wallet: Discover the Powerful Connection to Help You Lose Weight, Dump Debt, and Save Money

Ellie Kay, Danna Demetre

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What's good for the wallet is good for the body—an innovative approach to improving both your wealth and your health.

What would you do if you finally lost that weight and had energy to burn? How different would your life be if you were completely out of debt and in control of your finances? And what if you could do *both* at the same time with just a few simple, sustainable lifestyle changes? It can happen for you—without drastic dieting or austerity budgets, and even if you've tried and failed in the past.

Ellie Kay and Danna Demetre are life experts in two seemingly different fields—finance and fitness. Working together, they realized the principles and habits that help you balance your budget are the same ones that help you lose weight and keep it off. The result is an innovative “two for one” approach that can literally transform your life. Here's just a sampling of what you'll find in *Lean Body, Fat Wallet*:

- Four essential habits for satisfying, sustainable change—and how to make them part of your life
- Ten “failure factors” that trip us up—and how to steer clear of them
- The single key that makes it all work: “renewing the mind”
- Proven strategies to overcome emotional eating *and* spending
- An all-purpose investment principle to keep you moving forward in hope
- A wealth of stress busters that don't rely on food or money
- A game plan for raising fit and frugal kids
- Why giving is an essential part of achieving physical and financial health

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