



CONVERSATIONS WITH MONEY

Reading List

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November 2022

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Welcome!

Thank you for buying a copy of
Conversations with Money - A Love
Story!

This is the reading list if you want to
go further and see what resources and
people who have shaped my journey
too.

Enjoy!

If you ever need any extra help, then I
am always at the end of the phone or
Zoom too. Please reach out.

Lynda x

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ADDITIONAL READING



Dan Ariely & Jeff Kreisler - Dollars and Sense

Dan Ariely – Predictably Irrational

Sarah Newcomb – Loaded

Brad Klontz & Ted Klontz – Mind over Money

Charles Duhigg – The Power of Habit

David Krueger – The Secret Language of Money

Elizabeth Dunn & Michael Norton – Happy Money

Ken Honda – Happy Money

Morgan Housel – The Psychology to Money

Gottman and Abrams – Eight Dates

The Minimalists – Love People, Use Things

Ron Lieber – The Opposite of Spoiled.

REFERENCES



David Krueger The Secret Language of Money

John Gottman
<https://www.gottman.com/>

Leonard Sax
<https://www.leonardsax.com/>

Dave Ramsey
<https://www.ramseysolutions.com/debt/how-the-debt-snowball-method-works>

The Marshmallow Test
[https://www.youtube.com/watch?v=QX_oy96I4HQ\[1\] \[LM2\]](https://www.youtube.com/watch?v=QX_oy96I4HQ[1] [LM2])



**SLEEP ON IT BEFORE YOU
OPEN YOUR WALLET**

KEEP GOING!



WHAT NOW?

This workbook was created to start you on the path towards financial fulfilment by challenging you to think differently about your money and work along side the book you have read...

So what now?

What do you think about the following now?

- Your relationship with money, and how it impacts your decisions

Only 20% is about practical money management.

- Your money beliefs, and whether these are holding you back or helping you move forward

If you have financial goals that you want to achieve, the single best thing you can do for yourself is understand your relationship with money – and change it for the better.

- What financial fulfilment means and looks like for you

- Setting short - and long-term goals that will start you on the road to success

If you want to learn more: we have plenty of resources available on our [website](#); sign up for our newsletter and try our Money Personality quiz, or download our other eBooks, read our blogs, watch many of the videos on our Money Mentalist YouTube channel or simply ask us a question.

Whether you are aware of it or not, the mindset and emotional relationship you have with money influences every spending decision that you make.

Or, if you are ready to make some changes right now, then talk to us about one of our coaching and mentoring courses.

What's more, becoming financially fulfilled is actually 80% about understanding your relationship with money and your money beliefs.



Are you ready for change?

- Sick of the stress and the arguing over money.
 - Tired of trying to get your finances under control but nothing seems to make a difference.
 - Ready to find new energy and discover new thinking that will change your life.
 - Ready to build a shared vision for your financial future.
 - Ready to move ahead financially so that you and your family can build a successful and happy life together.
- Make change happen fast by becoming aware of your Values and your Beliefs that drive your spending.
 - Throw away the budget and let us show you the benefits of a Money Plan.
 - Improve your personal and business finances. Learn how your business and personal finances relate to each other and what impact your decisions will have on both aspects of your life.

Why join a Money Mentalist Programme?

- To relieve stress about your long-term future. Discover where you want to be and how to get there.
- Know how to talk to your partner about money – without the angst.
- Get a practical system to manage your money, pay your debt effectively and allocate more time to the things in life that are important to you.
- Gain a sense of control and empowerment by understanding your financial situation.

How do I do this?

I teach you how to permanently change our money habits by understanding your money mindset - your money psychology. Once those habits are changed, you'll find a change in the relationship with yourself, your money and your partner. You're ready to develop a shared vision to reach your financial goals.

Anything else is a temporary fix and you soon revert to those old habits.

My Programmes

Hundreds of people have turned to me for help getting off the financial treadmill. I have life-changing coaching that will teach you how to reset your money mindset and change your habits so you can build a happy and successful life.



Fire-Up Your Money Management

If managing your money and paying off your mortgage faster or reaching new financial goals is your primary aim right now. This programme is for you.

The Fire-Up Your Money Management programme teaches you to manage your finances and bring awareness of your financial behaviour from the back of your mind, to the front. You will learn how to successfully manage your money with just 30 minutes a week.

I set you up with your own personalised online system, which I teach you how to use and monitor your progress. This system helps you track your spending, build your money plan and set your goals. I use behavioural economics to help you understand your income and expenses from a different perspective than usual accounting principles.

I check in on a regular basis to make sure you are staying on track. And each month we provide you with bonus resources to give you an insight and tips and tricks into your financial behaviour and how you can improve.

You can learn more about my signature programme at www.moneymentalist.com

If you would like to talk to me about any of my programmes, your money habits or anything else around your money, click on this link, then pick a day and time that suits you. It's completely free!



**DISCIPLINE IS THE BRIDGE
BETWEEN GOALS AND
ACCOMPLISHMENTS**

- JIM ROHN



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ABOUT LYNDIA

B.COM, GRAD DIP ARTS (PSYCH), FTA

I started my career as an accountant when I was 17. I love numbers, to me they tell a story of your business and your life. I read them like others read novels. I graduated from University with a B.Com. After working for several accounting firms, when I was 7 months pregnant with my daughter (now 33), I began my own practice. I remained in Public Practice until 2010 when I sold my business to return to university to study Psychology.

In the middle of all of this, my marriage ended. Anecdotally, 70-80% of relationships break up because of money and this was true in my situation. I was devastated, and an emotional wreck. Even though I was an accountant, which meant I had a sound knowledge of my own financial situation, that didn't really help me going through my own breakup. Emotions completely took over. I felt I was completely on my own. I came out the other side servicing \$600,000 of debt.

It may seem a strange change in career path from accounting to Psychology, but it made complete sense to me. What I had realised in my years in practice, is that accounting (and money) isn't just about the numbers, it is also about the emotions that go behind the numbers, it's how we see the world and how we make decisions all stem from our relationship with money.



ABOUT LYNDA

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I graduated again this time with a Post Graduate Diploma in Arts (Psych). I continued to specialise in Money Psychology by continuing my training with Professor David Krueger (author of the Book ‘The Secret Language of Money’) and became a certified Money Mentor Coach.

What Changed

- I learned the distinction between a budget and a money plan.
- I started saying No to myself and others about things that didn’t really matter to me. And saying Yes to what was important to me. This was when I really saw the impact of mindset on moving the numbers.
- I learned how to make the tough decisions that helped me turn my life around.
- I rewrote my own Money Story.

The Money Mentalist was born, and I now spend my time working with individuals and couples helping them understand their relationship with money, how to communicate about money to each other and how to make better financial choices. I use my accounting expertise to help them build a Money Plan (I don’t use the term budget) which gives them the confidence to manage their money to reach their financial goals.



BOOK A SESSION

If you want to take your relationship further with money and make life long changes then connect with me and let's have a conversation.

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