

The 60-Minute Money Workout

✖ Ellie Kay |
WaterBrook Press

The

60 Minute Money Workout: An Easy Step-by-Step Guide to Getting Your Finances

Into Shape goes beyond the traditional budgeting steps of saving, tithing, spending and debt elimination. Ellie Kay, a finance expert often called upon by the national media and known for her “Focus on the Family” commentary, encourages a hands-on approach to personal finance that takes only an hour a week, encouraging families to live a full lifestyle with her thrifty tips on anything from food to vacations.

Kay’s advice—on buying cars with cash, exploring retirement and college plans, starting a successful home-based business and more—makes personal economic stability obtainable. Spreadsheets provided in the book and calculators on her Web site are helpful financial tools.

Showing step by step how financial stability is within reach, *The 60 Minute Money Workout* aims to motivate the reader to action and is useful for anyone who wants to brush up on their money skills, from newlyweds to those in the financial pits, and is also helpful to parents who want to raise biblically based and financially savvy children.

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