

## Bread + Butter Wealth

### **Book Ideas:**

#### **Spent by Stephanie Holmes-Winton**

This is a great book for diving deeper in the cashflow strategy. Stephanie starts her book with a questionnaire that helps her reader determine if they are The Dreamer, The Justifier, The Brick Wall, The Polly Anna, The Masquerader, The Undercover Agent or The Bunker. She then continues through her book in a way that allows the reader to identify strategies for overcoming roadblocks or mindsets that are holding them back from reaching their goals.

#### **Money: A Love Story by Kate Northrup**

Kate does a wonderful job of showing how much of our past impacts where we are today in our money story. She also discusses how money stress and decisions were not only keeping her up at night but also significantly impacting her health.

By journaling and working through this book, you will not only grow in your money story but also in who you are and the way you view different scenarios.

#### **The Behavioural Gap by Carl Richards**

As my background is in investments I found this book even more interesting as it discusses how we sabotage our plans by overthinking them or by letting fear and greed take over.

#### **We Need to Talk: A Memoir About Wealth by Jennifer Risher**

Jennifer shares her life story while also speaking to the idea that the number in the bank account or investment account does not mean an easy and fulfilling life. It would be a great book to read if you often feel that those with significantly higher net worth have the perfect life. She reminds her readers that regardless of net worth, we are all human with our own insecurities and struggles.

#### **Know Yourself, Know Your Money by Rachel Cruze**

Rachel breaks down different tendencies such as Abundance versus Scarcity, Safety versus Status, Quality versus Quantity as well as others that help her reader identify where they fall on those scales compared to where their partners or friends fall and how that impacts how people make money choices.

There are so many wonderful books out there and many more I have on my To Read list. You will notice the above books have a lot of emphasis on behaviours and emotions as I strongly believe that once we are vulnerable with how we as individuals are designed we can create a story that works with us rather than trying to fit into someone else's parameters that in the end may make you feel trapped and frustrated.