



Live Well Spend Less: Easy Ways To Save Money In Every Part Of Your Life

Sophie Gray

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Simple practical ways to save money in your household. This simple, practical and definitely not boring book on living well while spending less will appeal to families but also to students, flatters and fixed income households. It incorporates tips, suggestions and serious strategies but with a light - hearted, easy - to - apply and, honest approach. Covering all aspects of life, there are suggestions for making money as well using less of it. Sophie Grey aka the Desitute Gourmet wants to motivate and encourage rather than hector and lecture. It is not a book about investment, mortgage repayment or banking. Each chapter includes immediate as well as longer term suggestions. The immediate ideas are to capture the initial enthusiasm and motivation and longer term strategies will result in bigger savings given time or effort. Topics include: food, energy, cleaning, cars, outdoors; family life, kids and money, leisure, celebrations, looking sharp and presents.

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