

Licensed Psychotherapist & National Speaker
www.joyce-marter.com

Financial Self-Care for Women Additional Resources

Book

<u>You Are a Badass at Making Money by Jen Sincero</u>
The Law of Divine Compensation by Marianne Williamson

Audiobook:

Louis Hay, Receiving Prosperity

Programs:

<u>Financial Peace Program by Dave Ramsey</u>
<u>Take Control of Your Finances by Suze Orman</u>

Financial Planners:

Brenda Bridges, Lakeshore Financial Group: bbridges@lsfgchi.com
Kathleen McDonald, Northwestern Mutual: Kathleen.mcdonald@nm.com

Debt Management:

Consumer Credit Counseling Service

12-Step Support:

<u>Debtors Anonymous</u>
<u>Underearners Anonymous</u>
<u>Spenders Anonymous</u>
<u>Al-Anon</u>
CoDA



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Dealing with Difficult People Additional Resources

Books:

Emotional Intelligence 2.0

The Language of Letting Go and Codependent No More by Melody Beattie

Dealing with People You Can't Stand by Rick Brinkman

Website:

Helpful books and videos on boundaries: https://www.cloudtownsend.com