

# Improve Your Mental Wealth:

## Your Mental Health & Financial Wellness



- "GRAND PRIZE WINNER"**  
2023 Next Generation Indie Book Awards
- "BEST IN SELF-HELP"**  
2023 Next Generation Indie Book Awards
- "GOLD MEDAL WINNER"**  
Readers' Favorite Book Reviews and Awards  
Independent Publisher Book Awards  
Global Book Awards
- "DYSINGER AWARD FOR OUTSTANDING PUBLICATION IN COUNSELING"**  
Illinois Counseling Association
- "CATEGORY FINALIST"**  
The Eric Hoffer Book Awards!
- "RUNNER-UP IN NON-FICTION"**  
San Francisco Book Festival
- "HONORABLE MENTION - GENERAL NONFICTION"**  
Southern California Book Festival  
Hollywood Book Festival  
New York Book Festival  
London Book Awards  
Los Angeles Book Festival  
Paris Book Awards

As a therapist, Joyce Marter noticed an extraordinary trend: as her clients improved their mental health, they leveled up in other areas of their lives. They received raises, they got promotions, and some even started their own business. This epiphany led her to develop an insightful and ingenious process for releasing limiting habits and beliefs so you can begin your journey to freedom and prosperity.

Here, Joyce shares the culmination of her life's work as the go-to expert on the "Psychology of Success" - a proven method to help you improve your financial well-being by focusing on your psychological and relational issues around money.

**By working with The Financial Mindset Fix, you will learn how to:**

- **Recover from burnout**, overwhelm, financial stress, and money anxiety.
- **Improve your mental health** by practicing better self-care and accessing the support you need and deserve.
- **Change the way you think, feel, and behave** with money to end self-limitation and self-sabotage and welcome far greater success.
- **Embrace your worth and set healthy boundaries** in your financial relationships with others at home and at work.
- **Create a personal and professional vision** for holistic success that includes work-life balance and tending to your dreams.
- Use simple tools from **cognitive behavioral therapy, mindfulness, and narrative therapy** to change your life personally, professionally, and financially.

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# Praise for 'The Financial Mindset Fix: A Mental Fitness Program for an Abundant Life'



**Stephen M. R. Covey**  
Author of New York Times and #1 Wall Street Journal bestseller *The Speed of Trust*

★★★★★

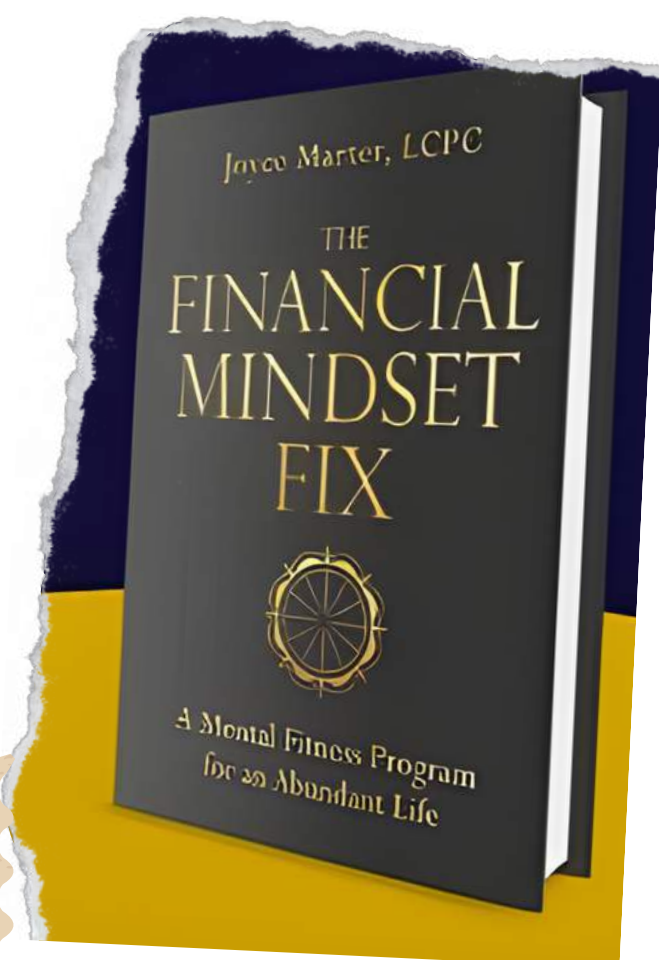
"In this wonderful new book, successful therapist Joyce Marter gently takes you by the hand and walks you down the path toward better mental health and a more abundant financial life. Her twelve unique mindsets will revolutionize your relationship with money and significantly improve the way you view yourself. An insightful, worthwhile read!"



**Corrine Casanova**  
Daily House Publishing

★★★★★

"The Financial Mindset Fix not only changed the way I look at money but explained why I was sabotaging myself and how to shift my thinking and behavior. Never before have I equated my mental health with wealth. Now I do. This book has changed my life."





**Seth Godin**  
Author of *The Practice*

★★★★★

"Money is a story, one that too often is used against us. When you're ready to engage with intention, this book can help rewrite your story."



**Spencer Sherman, MBA, CFP**

★★★★★

"The Financial Mindset Fix" by Joyce Marter

"The Financial Mindset Fix shows us what's truly driving our financial behavior. This is a comprehensive guide to financial wellness, and the chapter on resilience is excellent. Joyce shows us how to approach and overcome the inevitable financial setbacks."



**About Joyce**

Joyce Marter is a licensed psychotherapist, entrepreneur, global keynote speaker, and internationally published author. She founded, built, and successfully sold a multimillion-dollar mental health company. She is contributor to Psychology Today, MoneyGeek, Choosing Therapy and more. She is renown globally as a mental health thought leader specializing in the psychology of money and cultivating holistic success, appearing in media outlets such as CNN, MSN, Forbes, The Wall Street Journal, and MTV.



-  **Joyce Marter**

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**Book website:** [www.financialmindsetfix.com](http://www.financialmindsetfix.com)

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