



## Pocket Change: Using the Science of Personal Change to Improve Financial Habits

By Heidi T. Beckman Ph. D.

Effertrux Publishing. Paperback. Book Condition: New. Paperback. 206 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Winner of the 2014 Excellence in Financial Literacy Education (EIFLE) Adult Book of the Year award from the Institute for Financial Literacy, this guide teaches readers how to use well-tested techniques from the field of behavioral science to build and sustain positive money habits. The author, Dr. Heidi Beckman, is a psychologist who covers topics that range from goal-setting and self-monitoring to personal efficacy and self-discipline. She also suggests how to design the social, emotional, and environmental context in which good habits will thrive. In this way, she gives readers renewed energy for healthy money management well into the future. Getting better with money and achieving your financial goals do not happen through passive waiting, wishing for life to be different, or gimmicky quick-fixes that promise you instant wealth. Living a healthy financial life requires real personal change (or a pocket change, you might say!) Thankfully, behavioral scientists have uncovered the secrets of habit modification which have the power to convert your resolutions into action. These secrets are covered in detail in this book. This item ships from multiple locations. Your book may arrive from Roseburg, OR,...



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