



The 21-Day Financial Fast: Your Path to Financial Peace and Freedom

Michelle Singletary

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Financial Peace and Freedom in 21 Days

In *The 21-Day Financial Fast*, award-winning writer and *The Washington Post* columnist Michelle Singletary proposes a field-tested financial challenge. For twenty-one days, participants will put away their credit cards and buy only the barest essentials. With Michelle's guidance during this three-week financial fast, you will discover how to:

- Break bad spending habits
- Plot a course to become debt-free with the Debt Dash Plan
- Avoid the temptation of overspending for college
- Learn how to prepare elderly relatives and yourself for future long-term care expenses
- Be prepared for any contingency with a Life Happens Fund
- Stop worrying about money and find the priceless power of financial peace

As you discover practical ways to achieve financial freedom, you'll experience what it truly means to live a life of financial peace and prosperity.

Thousands of individuals have participated in the fast and as a result have gotten out of debt and become better managers of their money and finances. *The 21-Day Financial Fast* is great for earners at any income-level or stage of life, whether you are living paycheck-to-paycheck or just trying to make smarter financial choices.

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