

Title:

Money and Finance: The cause of anxieties for most families

Word Count:

903

Summary:

Debt and other financial problems are among the most common causes of stress and anxiety. Man

Keywords:

stress and anxiety, stress relief

Article Body:

^I believe that thrift is essential to well-ordered living.~

---John D. Rockefeller

Martha was having a restless night. The other day she got a billing statement from her
The money problems have become so big that both Ben and Martha now experience enormous stress
Money, or more appropriately, the lack of money is one of the main reasons for stress and anxiety.
We all face different challenges and pressures about money. It can be really overwhelming to face
But money should really help us improve our lot and not make our lives miserable. In order to
First, develop a realistic budget. This is the very first step you need to take to regain control.
The second step is to teach your kids about money matters. Children nowadays are easily lured
Another step towards financial freedom --- believe or not --- is to contact your creditors. E
Cost-cutting measures should also be an automatic undertaking if you want to regain financial
After you have enough savings, you may choose to consult a financial advisor regarding investments.
Your financial situation shouldn't go from bad to worse. You have options and you can take control.
The key to financial freedom and debt-free living rests entirely on you. Being free from debt

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