



Emotional Currency: A Woman's Guide to Building a Healthy Relationship with Money

Kate Levinson Ph.D.

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Every day, women face new challenges that come with having control over, and responsibility for, their financial lives. Sometimes exciting, sometimes frightening, these issues always have an emotional side. Author and psychotherapist Dr. Kate Levinson offers fresh approaches to navigating the astonishing range of beliefs about the role of money in our lives, coming to terms with our feelings about being “rich” or “poor,” and exploring our inner money life so that we can put our feelings to work for us in a positive way. By understanding our intimate history and relationship with money we are better able to handle our money anxieties, solve our money problems, enjoy the money we have, and make room for other, more meaningful values.

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