



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

By Michelle Singletary

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**The 21-Day Financial Fast: Your Path to Financial Peace and Freedom** By Michelle Singletary

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

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## **The 21-Day Financial Fast: Your Path to Financial Peace and Freedom** By Michelle Singletary **Bibliography**

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### **Editorial Review**

#### **About the Author**

Michelle Singletary writes an award-winning personal finance column for *The Washington Post* called "The Color of Money," which appears in more than one hundred newspapers across the country. The author of two other books, Singletary has appeared on numerous national television and radio programs, including *Oprah*, *The Today Show*, *The Early Show*, *The View*, *Meet the Press*, *CNN*, *MSNBC*, *Nightline*, *Tavis Smiley*, *NPR*, *The Diane Rehm Show*, *The Tom Joyner Morning Show*, and *Yolanda Adams Morning Show*. Her television program, *Singletary Says*, can still be seen on TV One. To learn more visit [www.michellesingletary.com](http://www.michellesingletary.com) or [www.washingtonpost.com/michelle-singletary](http://www.washingtonpost.com/michelle-singletary).

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