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# Living Well Spending Less: 12 Secrets Of The Good Life



## Synopsis

In Search of the Good Life Have you ever that your life--and budget--is spiraling out of control? Do you sometimes wish you could pull yourself together but wonder exactly how to manage all the scattered pieces of a chaotic life? Is it possible to find balance? In a word, yes. Ruth Soukup knows firsthand how stressful an unorganized life and budget can be. Through personal stories, biblical truth, and practical action plans, she will inspire you to make real and lasting changes to your personal goals, home, and finances. With honesty and the wisdom of someone who has been there, Ruth will help you:

- Discover your "sweet spot"--that place where your talents and abilities intersect.
- Take back your time and schedule by making simple shifts in your daily habits.
- Reduce stress in your home and family by clearing out the clutter.
- Stop busting your budget and learn to cut your grocery bill in half.
- Bring order to a messy life and create a practical cleaning schedule that works.

Who Needs This Book? Living Well, Spending Less was written to bring hope and encouragement to every woman who currently feels overwhelmed or stressed with a life--and budget--that feels out of control. It speaks to the mom trying to juggle all the demands of a busy life with the pressure to keep up with those around her. It is a practical guide for those of us who often long to pull ourselves together but don't always know how. It is real, honest, packed with practical tips, and speaks to the heart of the matter--how can we live the life we've always wanted? Want to know if this book is for you?

- Do you ever find yourself comparing your life to those around you?
- Have you ever wished for the courage to follow your dreams?
- Do you ever struggle to stay organized or get things done?
- Have you ever felt loaded down with stuff you don't really need....or even really want?
- Do you ever struggle to keep your finances on track?
- Have you ever wished for a cleaner house?
- Do you sometimes long for deeper, more authentic relationships in your life?

If the answer to any of these questions is YES, this book provides real and practical solutions from someone who has been there. Ruth doesn't just offer advice, she walks it with you, and shares with brutal honesty her own mistakes, failures, and shortcomings. It is encouraging, motivating, and life-changing.

What Others Are Saying: "An incredible book that will teach you how to spend smart without compromising a great life. Ruth's stories and practical advice will make you want to be a better mother, wife, sister, and friend." --RACHEL CRUZE, coauthor with Dave Ramsey of Smart Money Smart Kids

Ruth knows firsthand how mamas like us live crazy busy lives, and she steps in as a friend to help us manage and love every minute of it. She offers her best tips for gaining control over the chaos with wisdom-based insights on all things thrifty and family. I'll be

reading it again and again!" --RENEE SWOPE, bestselling author of A Confident Heart "I couldn't stop reading. I tried to--only because I had other things I needed to do--but I couldn't. Rarely is there a book so adept at weaving personal story with practical tips. I found myself craving this good life that Ruth writes of--a life that is possible for anyone who reads this book." --EMILY T. WIERENGA, author of the bestselling memoir Atlas Girl "In this book, you will be inspired by Ruth's authenticity and honesty as she shares her own journey from spending time and money chasing after more to discovering she already has all the makings of a rich and full life right where she's at. If you struggle to simplify your life and wish you could savor the here and now, this book is a must-read." --CRYSTAL PAINE, founder of MoneySavingMom.com and author of Say Goodbye to Survival Mode

## Book Information

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## Customer Reviews

There is no way that ALL of these reviews are legitimate. I can't believe I wasted money on this book, I'm returning it right away. I have been a LONG time reader of the 'Living Well, Spending Less' blog, and there are blog posts that I read over and over (especially about minimalism with children, the No Spend Challenge posts, and more) and I share them with family and friends. I almost could not believe this book was from the same person. This is clearly more of an auto-biography than an informational book on saving money. I am FRUGAL, and try to save money anywhere I can with 5 children. I was so disappointed to read in almost every single chapter about how she had to break her habit of going on \$500 Target shopping sprees, give up the expensive

Starbucks lattes, and that to this very day, she still overspends. Being frugal is making your own coffee from home, NOT going to Target (most expensive place ever, for everything) and saving money in every category. I also was disheartened by her constantly mentioning that she still to this day overspends. It's like reading a book about a recovering alcoholic, who beat his addiction, only to find out he MOSTLY beat the addiction, but still drinks from time to time. That is not inspiring at all. The bits and pieces about saving money were mediocre at best. I have been doing no-spend challenges for years, both through online Facebook groups, with Dave Ramsey fellow followers, and with girlfriends and my own husband. There was literally no helpful information about that at all.

LIVING WELL, SPENDING LESS is a well-written, practical guide on escaping from the constant "Must have more" lifestyle that is so prevalent today. The author, Ruth Soukup, comes across as a modest person--not so much lecturing you on what you should do, but instead, sharing lessons that she had to learn the hard way. The author clearly states that she is a Christian, and that this book is based on "what the Bible has taught me about the Good Life." The "secrets" in this book grew out of the author's experience as a young girl. Ruth became enamored with building the perfect dream home; she would find photos of wonderful houses and dream of her life in these wonderful mansions. As an adult, she continued that habit, constantly buying more and more unnecessary things: "I'd spend hours drooling over magazines and catalogs, tearing out pictures of all the things I liked, all the things I knew I wouldn't be able to live without, all the things I knew would make me happy." Of course, Ruth finally realized the trap she had sprung on herself. She discovered that having fewer things actually translated into greater happiness: "The love of things can so easily consume us. The pursuit of it all--more toys, cuter clothes, a prettier house, a nicer car, a newer computer, a fancier phone--makes us forget all the things that actually matter. Not until I observed firsthand the real and immediate changes in my kids after getting rid of their toys did I truly begin to understand. My lesson to them was really their lesson to me: less stuff equals more joy." I think the greatest "secret" in this book is right at the beginning of the book--contentment, or the lack of it. We tend to not be content with what we have, in spite of massive material accumulations.

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