



# Mindful Money for Wealth and Well-Being: Help Clients Strike a Balance in Financial Planning

*Susan Zimmerman*

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**Mindful Money for Wealth and Well-Being: Help Clients Strike a Balance in Financial Planning** Susan Zimmerman

How can financial, business, and mental health practitioners help their clients strike a balance between wealth and well-being? This book helps integrate therapeutic communication techniques in financial discussions to empower clients to make more mindful and balanced decisions. Specific techniques help heighten awareness and attentiveness in personal finance that improves wealth and well-being outcomes. Practitioners find trust and confidence grows as clients gain greater self-understanding and goal-based prioritization.

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