



# Living Well Spending Less: 12 Secrets of the Good Life

By Ruth Soukup

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## 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*

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## Living Well Spending Less: 12 Secrets of the Good Life By Ruth Soukup Bibliography

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### Editorial Review

#### Review

"More than just a financial guide. Packed with doable tips and infused with warmth, honesty, & humility, this fabulous title will touch the hearts--and lives--of women of all ages."

--CHRISTY PITNEY, *CBA Retailers Resources*

"*Living Well, Spending Less* is about more than planning a better budget or maintaining an organized home; it offers tips for easing stress and improving time management. Here Ruth gifts us with a simple yet powerful blueprint for realizing true, deep contentment with all of the good things that this life has to offer."

--KASEY KNIGHT TRENUM, blogger at [time2saveworkshops.com](http://time2saveworkshops.com)

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--RACHEL CRUZE, coauthor with Dave Ramsey of *Smart Money, Smart Kids*

"*Living Well, Spending Less* is an inspiring book full of step-by-step instructions and spiritual wisdom. I love how Ruth is transparent about her mistakes as she leads us to reevaluate our priorities. This book is a great biblical guide to living well and finding joy!"

--COURTNEY JOSEPH, author of *Women Living Well* and *WomenLivingWell.org*

"It doesn't take more than a trip to Target or a glance at People magazine for me to come face-to-face with my own insatiable desire for more. More beauty. More designer clothes. More gadgets. More happy. But, as Ruth Soukup discloses through her signature honest and down-to-earth style, "more" will never make you and me "full." But here's the good news: The life you crave is far closer than you can imagine. Ruth will show you how to get there."

--MICHELE CUSHATT, speaker and author of *Undone*

Ruth's book inspires, motivates, and comforts at the same time. Her book is about far more than saving money; it's about learning how to be content and satisfied, regardless of your financial situation. It made me wish Ruth lived down the street so I could meet her for coffee and a chat.

-- Stephanie Nelson, founder of CouponMom.com

In this book, you will be inspired by Ruth's authenticity and honesty as she shares her own journey from constantly 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 New York Times bestselling author of *Say Goodbye to Survival Mode*

Ruth Soukup 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. In *Living Well, Spending Less*, Ruth 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 and recommending it to friends who long to live and love the good life that God has for them!

-- Renee Swope, bestselling author of *A Confident Heart* (book and devotional) and *Proverbs 31*

Ministries' radio coho

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-- Courtney Joseph, author of Women Living Well and WomenLivingWell.org

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-- Michele Cushatt, speaker and author of Undone.

Living Well, Spending Less is relatable and helpful without being condemning. Ruth takes a complicated, emotionally laden issue like spending and makes it seem possible to come to terms with what's keeping us stuck both in our finances and in our lives.

-- Edie Wadsworth, author of Coming Home and blogger at Lifeingrace

Ruth Soukup has learned contentment does not come with a Pottery Barn label. Every woman who struggles with wanting more should read this book before she discovers a stack of receipts and a trail of regrets. It's never too late, as Ruth so engagingly and shares, to discover that the Good Life---God's best---is free.

-- Glynnis Whitwer, author and executive director of communications at Proverbs 31 Ministries

I couldn't stop reading Living Well, Spending Less. 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*

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-- Kasey Knight Trenum, blogger at time2saveworkshops.com

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-- Rachel Cruze, coauthor with Dave Ramsey of *Smart Money Smart Kids*

From the Back Cover

### **In Search of the Good Life**

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stories, biblical truth, and practical action plans, she will inspire you to make real and lasting changes to your personal goals, home, and finances in order to discover the life you've always wanted--the Good Life. With brutal honesty and the wisdom of someone who has been there, Ruth will help you:

- Overcome the destructive cycle of "more is never enough" by learning how to choose contentment.
- Step off the treadmill of always just trying to keep up, and instead take back your time and schedule by making simple shifts in your daily habits.
- Stop busting your budget and learn to cut your grocery bill in half by making five simple tweaks to the way you shop.
- Bring order to a messy life and create a practical cleaning schedule that works for your own home and family.
- Develop a concrete plan for sharing the Good Life with others in order to bring lasting joy.

#### About the Author

Ruth Soukup is a writer, speaker, wife, and mom who believes with all her heart that a life well lived is not so much about what we have, but *who we are*. Her mission is to empower and inspire women everywhere to seek--and find--the Good Life. Through her popular blog, [LivingWellSpendingLess.com](http://LivingWellSpendingLess.com), which reaches more than one million women each month, she encourages her readers to follow their dreams and reach their goals, sharing easy-to-implement tips and strategies for saving time and money while focusing on the things that matter most. Her practical advice has been featured in numerous publications and news programs, including *Women's Day*, *Redbook*, *ALL YOU* and *The Daily Buzz*.

### Users Review

#### From reader reviews:

##### **Quentin Ryan:**

Throughout other case, little men and women like to read book Living Well Spending Less: 12 Secrets of the Good Life. You can choose the best book if you love reading a book. As long as we know about how is important the book Living Well Spending Less: 12 Secrets of the Good Life. You can add know-how and of course you can around the world by a book. Absolutely right, simply because from book you can recognize everything! From your country until finally foreign or abroad you will be known. About simple matter until wonderful thing you could know that. In this era, we can open a book or maybe searching by internet device. It is called e-book. You can use it when you feel bored to go to the library. Let's study.

##### **Martha Albarado:**

The particular book Living Well Spending Less: 12 Secrets of the Good Life will bring you to the new experience of reading any book. The author style to elucidate the idea is very unique. When you try to find new book to see, this book very acceptable to you. The book Living Well Spending Less: 12 Secrets of the Good Life is much recommended to you to read. You can also get the e-book from official web site, so you can quickly to read the book.

##### **Mark Spears:**

Is it an individual who having spare time subsequently spend it whole day by watching television programs

or just telling lies on the bed? Do you need something totally new? This Living Well Spending Less: 12 Secrets of the Good Life can be the answer, oh how comes? The new book you know. You are thus out of date, spending your spare time by reading in this brand-new era is common not a geek activity. So what these books have than the others?

**Mary Cox:**

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