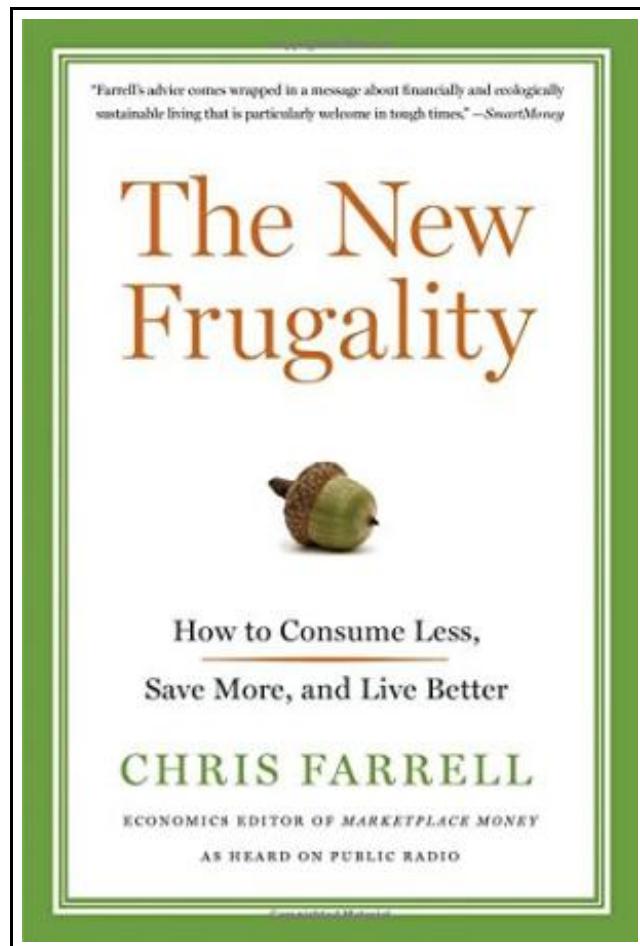


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Bloomsbury Publishing PLC, United States, 2011. Paperback. Book Condition: New. 203 x 140 mm. Language: English . Brand New Book. The 2008 crash brought high-flying, free-spending, debt-amassing Americans back to earth with a thud. But as trusted finance reporter Chris Farrell explains, there's a silver lining to this cloud: It is accelerating a trend already under way in America toward what he calls the New Frugality -a fresh way of thinking about how, what, and why we consume. In this down-to-earth, approachable book, Farrell explains both the theory and the practice of living frugally. The good news is a frugal lifestyle isn't about penny-pinching: It's about wasting less and getting more from each day and each dollar. Chris Farrell is a regular contributor to Bloomberg Business Week and the resident personal finance expert and economics editor for American Public Media's Marketplace Money. He lives in St. Paul, Minnesota. Praise for *The New Frugality* A how-to for people who say the Great Recession has made them want to change. - Minneapolis Star Tribune Farrell's advice comes wrapped in a message about financially and ecologically sustainable living that is particularly welcome in tough times. Here's the good news: Being frugal is not synonymous with being cheap. Buy the good bike, the low-energy-use appliance; they're better made and will last longer. Just don't be reckless, with your life or your habitat.- Los Angeles Times.

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