Our economies are in crisis. Mass redundancies, falling wages, weak employment prospects, rising youth unemployment, fourteen per cent unemployed in some Australian suburbs, escalating rents, soaring house prices, declining rental yields, near zero interest rates, slumping commodity prices, vacant shops, empty office buildings, Government debts and sky-high rates of money related mental illness. The economic boom is over. Our household debts are spiralling out of control and the average family, single person and senior citizen now spend more than they earn.

We're seriously overspent.

Right now, the rising cost of living is one of the biggest issues in Australia, America and the UK. According to the media, the average American owns 3.5 credit cards and owes US$15,799 in credit card debt. 3 out of 5 American families can’t pay off their credit card debts. In the UK, someone is declared insolvent or bankrupt every 5 minutes, and a property is repossessed every 18 minutes. 13% of Australian adults and 17% of Aussie kids live below the poverty line whilst the average Australian adult spends the first 8 weeks of each year working just to pay for their car. There are more than 18 million shopaholics in the United States, 93% of teenage girls in the United States say shopping is their favourite activity and 5% of all waste in Australian landfill is discarded clothing. The UK’s Citizens Advice Bureau deal with more than 7,000 debt problems every day and 21,000 credit or debit card purchases are made every minute in the UK. More than 1 million Australians are battling permanent disadvantage.

Austerity is the new black

Rachel Smith didn’t buy anything new or second hand for one year. The only things Rachel purchased during 2014 were food, toothpaste, shampoo and Tampax. She broke her impulse shopping addiction and habit of buying ‘stuff’, saved 38 per cent of her net (take-home) annual salary and felt happier and more content.

According to Rachel, a qualified specialist adult literacy and numeracy tutor, our spending is out of control “We don’t need to question whether shopping addictions, household debt and the rising cost of living exists or not. We all know that these issues exist. We think about the cost of living, our household money and our debts every day. It’s what we do about it that’s important”.

In this ground breaking, and entertaining book, Rachel reveals the Seven-Step Process she took to break her shopping addiction and buying habit without dramatically changing her life.

So what prevents us from to breaking our shopping addictions and buying habits in the first place? There are a number of common sticking points when creating change. These include:

- Fear
- Too many choices
- Sense of entitlement
- Need for instant fixes
- Too busy “liking” on Facebook
- Exhaustion
- Navel gazing
So how we do overcome this long list of sticking points? Rachel interviewed hundreds of men and women in Australia, the UK and the USA about their shopping habits. Rachel asked them what they thought would be the biggest challenges or personal battles they would face if they had to quit shopping for three months. Their answers included: making do with what we already own, boredom, feeling unprepared, willpower, not buying gifts, fear of missing out and failing to meet children’s needs.

Rachel used this insight and her own success to develop her 7 step process. In this book, she tells you what she did. She won’t tell you what to do. Rachel wants to share the tools that worked for her. Rachel’s seven steps are:

- Step 1: I identified my passions and priorities
- Step 2: I made a budget and sorted out my banking
- Step 3: I got people in place to help
- Step 4: I inspected, assessed and organised my stuff
- Step 5: I got into swapping, sharing and selling
- Step 6: I used everything that I already had
- Step 7: I got out and had fun

This is a book that people can use, not just agree with. Underspent examines in detail:

- The problems caused by impulse shopping addictions
- The 7 things we love about buying and shopping
- Why we shop and buy so much
- What triggers our shopping and buying
- 7 challenges and personal battles we face when quitting

Packed with case studies, stories, information and practical exercises Rachel shows you how to apply the 7 steps. Rachel has written this book because she wants to share how she broke her impulse shopping addiction and habit of buying ‘stuff’, without dramatically changing her life. This is a practical guide for men and women who also want to quit shopping and save money.

For Rachel, the ultimate result of implementing the seven steps set out in this book was:

- being Underspent—spending less than usual (she was spending less money than was required and expected)
- breaking her impulse shopping addiction and habit of buying ‘stuff’
- saving 38 per cent of her net (take-home) annual salary
- feeling happier and more content.

It’s Rachel’s big dream that men and women, who are shopaholics, over-mortgaged, unemployed, overspent or in debt, will read and implement one, some or all of the steps in this book, because the future belongs to those who believe in the beauty of being Underspent—and the reality that none of us will have an impulse shopping addiction or buying ‘stuff’ habit ever again.

Amazon [http://amzn.to/1E1ifp0](http://amzn.to/1E1ifp0)

**About Rachel Smith**

Rachel Smith is one of Australia’s brightest thinkers (News Limited), an emerging International Talent (The Solomon R. Guggenheim Foundation, New York) and her dedication to the environment is inspiring (TED, New York).

Rachel is a best-selling author, blogger, keynote speaker and a qualified specialist adult literacy and numeracy tutor.

She was retained by the UK Government for 6 years as a specialist advisor, has spoken at more than 200 conferences around the world, including 2 TEDx talks and her work has appeared in international media including the BBC, ABC,
DW-TV, SBS, Disney Channel and in The Economist. She is also a regular on national radio. She was hand-picked to be part of the international mobile think tank the BMW Guggenheim Lab, developed the world’s first crowd solving bicycle map and has won many awards including the CIHT BP Road Safety Award.

Rachel didn’t buy anything new or second hand for one year. The only things Rachel purchased during 2014 were food, toothpaste, shampoo and Tampax. She broke her impulse shopping addiction and habit of buying ‘stuff’, saved 38 per cent of her net (take-home) annual salary and felt happier and more content.

Rachel leads 14-week transformation programs with men and women who want to break their shopping addiction and buying habits.

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You can buy my book Underspent “How I broke my shopping addiction & buying habit without dramatically changing my life in e-book and Kindle formats. Price $2.99 or Â£1.92 I’ve [â€œSuper Confidence. January 26, 2016 Âœ. Latest article in My Making Money Magazine. Probably very timely for many after the Xmas spending frenzy. mymakingmoneymagazine.com. 7 tops ways to get out of credit card and personal debt - My Making Money Magazine. The leading magsite for sensible, practical financial advice and the secrets of financial freedom. Written by investment and finance experts from all over the wo Preview â€“ Underspent by Rachel Smith. Underspent: How I Broke My Shopping Addiction and Buying Habit. by. Rachel Smith. 3.44 Âœ Rating details. Âœ 41 ratings Âœ 7 reviews. Do you want to break your impulse shopping addiction and habit of buying â€œstuffâ€œ, without dramatically changing your life? Do you want to save money? Do you want to be Underspent, not overspent? Do you want to feel happier and more content? Right now, the rising cost of living is one of the biggest issues in Australia, America and the UK. According to the media, the average Am Do you want to break your impulse shopping addiction...