



**OVERPRICED**

**overjoyed**

**How I Cut an Expense**

**from**

**\$1,000 to \$200**



**I S U C K E D A T M O N E Y**

**BUT I'VE  
MADE  
PROGRESS**

**Here's how I did it  
I'm not saying this will work for you  
I'm saying it's possible  
You can find your own system  
All it takes is greater self-awareness**

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# 1

## CHAPTER

# DECONSTRUCT THE ADDICTION