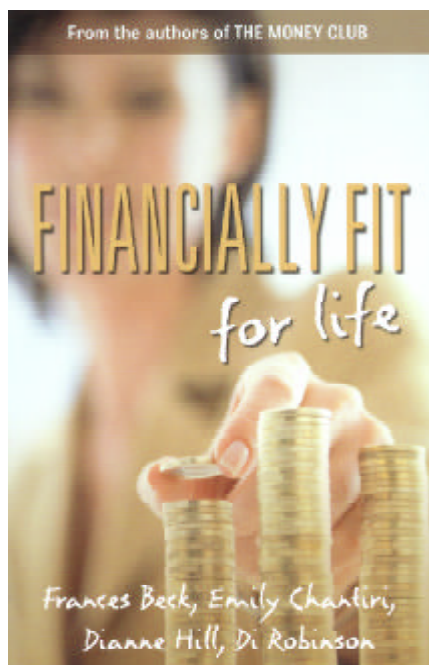


FROM THE BEST-SELLING AUTHORS OF *THE MONEY CLUB*

Want to know how you can be financially fit for life?



**Don't have time to sort out your finances?
Afraid of losing money if you invest?
Too many debts to even think about saving?**

If this sounds like you then maybe it's time you looked at what's really holding you back.

Financially Fit For Life is not about 'getting rich quick'. It's about looking at where you are now and what steps you can take to set you on the road to financial fitness.

Whatever stage of life you're at, there is something you could be doing right now!

The key to achieving financial fitness is realising that you don't have to have a lot of money to start with. In fact, even if you are currently in debt there are still things you can do - you just need to know how to make your money work for you.

Drawing on case studies from real people, with real financial problems (some of those being the authors themselves!) ***Financially Fit For Life*** offers practical tips on:

- **Overcoming excuses and barriers**
- **Setting realistic goals**
- **Breaking bad habits and escaping your debts**
- **Getting a foot on the investment ladder**
- **Minimising the financial impact of having children**
- **Teaching your children about money**
- **Avoiding scams and con-artists**

***Financially Fit For Life* contains all the information you need to feel confident about taking control of your finances.**

Financially Fit For Life by Frances Beck, Emily Chantiri, Dianne Hill & Di Robinson is available September 2003 from Random House Australia RRP: \$19.95

If you would like to organise an interview with the authors or extract any part of this book, please contact Jane Alexander on 02 8923 9834 or jalexander@randomhouse.com.au

Ten Principles of Financial Fitness

- 1 No matter where you are now, you can improve your financial fitness. You don't need to start with a lot of money
- 2 Getting started is the most important thing - set aside half an hour today.
- 3 Don't expect everything to always go 'right' - we all go off the rails sometimes. The important thing is keep at it.
- 4 You do have enough time - it's about making time.
- 5 Knowledge is the key to overcoming fear.
- 6 Look to your friends, family and colleagues for help and inspiration.
- 7 Don't forget to protect what you already have.
- 8 Motivation comes from knowing exactly what you are working towards. Write down your plans and goals to make them real.
- 9 Remember you can't do everything alone. Get the right professional advice.
- 10 Keep in mind why you are doing this: to have more fun and achieve your goals!

ABOUT THE AUTHORS

When Frances Beck, Emily Chantiri, Dianne Hill & Di Robinson decided to set up an investment club, they could never have guessed where it would take them.

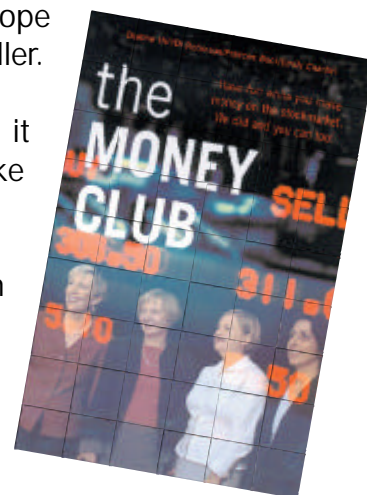
Having virtually no previous financial experience, they managed to achieve an investment return rate as high as 30 to 35 % - the fruits of monthly meetings filled with good wine, good food and much lively discussion!

Realising that other people were interested in setting up similar clubs, but just didn't know how, they decided to write a book about their own experiences in the hope that it would help others. ***The Money Club*** quickly became a best-seller.

The authors were surprised by the response to ***The Money Club*** - it seemed that just like them, many of their readers also wanted to take control of their finances, but just didn't know how.

In ***Financially Fit For Life*** they share their own experiences which show that you don't have to be a financial expert to take control of your finances - anyone can do it!

Emily, Frances, Dianne and Di all juggle family life, working and a portfolio of investments!



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