

# **The Truth About Money: How to Find Joy and Peace**

## **Introduction**

### **The Truth About Money**

If you are one of the millions of people who are struggling financially or just have the feeling you are missing out on the peace, joy and contentment of life because of money, I congratulate you for reading this book. Maybe you are one of those people to whom the sound of the phone ringing will cause your stomach to flip-flop, or an envelope with an IRS return address fills you with such dread and anxiety that you think you might become physically ill. Maybe you are one of the many folks who are working hard, trying to provide the best for their families, and just do not seem to be able to make any financial headway; you know you spend way too much time worrying about money and long for joy, peace and contentment to return to your life.

If any of this describes you or sounds familiar, I again congratulate you for reading this small book. My hope is that you will use this information (most of which you already know) to improve you and your family's lives by encouraging you to make a few simple changes to your personal finances.

Does the world need another book on how to get rich? On personal finances? On the surface, it would appear that there are plenty of books, tapes, television and radio shows, and other resources on how to manage your money, so why are personal bankruptcies, home foreclosures, and credit card balances at all-time highs? It looks like there is plenty of information on how to manage your money, so why are so many people in financial straits – in deep serious trouble with their finances - unable to see a way out of the mess they are in and losing hope daily. I think there are two reasons:

1. The Truth About Money is taught and made available to people, but is not really emphasized - not really hammered home. The information that is critical to living in financial peace is disseminated along with other financial information such as the merits of mutual funds vs. individual stocks or the benefits of investing in equities vs. interest earning investments or the benefits of real estate investing, but is not emphasized as being absolutely critical to their financial success. The end result is that the really important information gets watered down; lost with all the other data. That really important information is what we will discuss in this book. By the time you have read this entire book, you will know exactly what you must do to Find Joy and Peace with your personal finances. Actually, I will share a secret with you: (please make sure the windows are covered and the doors locked, so no one else will discover this secret); by the time you finish reading this introduction, you will know all you need to Find Joy and Peace with your personal finances. I hope you will finish reading the book, it is relatively short and, who knows, you might pick up another tid-bit or two of information.

2. The second reason is that the very people who need this information the most are the ones most unlikely to seek it out. This is not unlike other endeavors in life, for example, if you want to be a

good golfer, you will practice and research how to play golf; if you are not interested in golf, you are probably not going to read very much on how to improve your tee shot. My intention is that this book will become so widely read that everyone in America will read it; that it will be so inexpensive to reproduce that it will be available to schools, colleges, churches, businesses, even the U.S. military. The costs of poor financial management, at a personal and national level, are enormous and probably incalculable. These costs include the broken homes (finances is the number one reason for divorce); the children brought up in poverty or without both parents in the home; the taxes collected and redistributed to those in financial need; the lost productivity at work caused by the worry and strain of financial issues and the myriad of other business, personal and social ills caused by a lack of understanding and a lack of adherence to financial rules that are amazingly simple to understand and implement.

Actually, you already know most of what we will discuss in this book. In your heart, you know you should live within your means; that your expenses should be less than your income. The problem is that we have been sold (indoctrinated) on the idea that it is ok to live well now and pay for it later. Well, it is not ok and can only hinder your efforts to Find Joy and Peace.

In this book, we are going to discuss two key concepts:

### **1.Spend less than you earn over a long period of time and you will become wealthy.**

It was Ben Franklin who said “There are two ways to increase your wealth. Increase your means (income) or decrease your wants (expenses). The best is to do both at the same time.”

### **2.Consumer Debt is the Kiss of Death.**

Debt is bad, but Consumer Debt is the Kiss of Death. Consumer debt can be read as: credit cards, installment loans or any other kind of credit where you are consuming something today and paying for it tomorrow (or next year or ten years from now).

That’s it! If you get it, if you are onboard with the concepts, you are well on your way to Finding Joy and Peace with your personal finances.

### **A Bit About How This Book Developed:**

In 2006, while taking care of my one-year old grandson, I was lead to write a book to help people become informed as to how to have joy and peace with their finances. Riley, my grandson, will turn ten this year and this project is nearly ready for publication and has now evolved into three books. The first is **The Truth About Money** (your personal finances), the second is **The Truth About Natural Laws** and the third is **The Truth About God**.

The books are intended to build on one another, first the book on your personal finances, then the book on **Natural Laws** and finally **The Truth About God**. The books are relatively short and inexpensive. You are invited to read all three.

Please bear with me for this absurd illustration: Imagine the following: You have tickets to the football game in town this weekend – four tickets, in fact, as you are taking your spouse and two children. Everyone is excited to be going to the stadium and seeing the home-town team play. The game is supposed to kick-off at 1:00 p.m. local time, but in recent years, these scheduled times for kick-off have become more ‘suggested times’ than set in stone, because the league made the decision not to start the games until the fans have arrived. So, the game cannot start until the stadium is at least three-quarters full. You notice, at one o’clock, that less than one-half of the seats are occupied, as the fans have gotten used to the idea that the game is going to be starting late. So, what’s the hurry? More fans arrive and eventually a few of the players start to make their way to the field for warm-ups. You follow football pretty closely, so you are not surprised to see that although the playing field is still one hundred yards long, marked off in one-yard increments, with numbers painted on the ground every ten yards, there are no side-line boundaries; the league having made the decision the players could decide for themselves how far to the left or to the right they could go in their attempts to score.

About an hour and a half after the suggested start time, you notice the coaches making their way to the center of the field for the coin toss, which determines that the home team will get the ball first. The teams line up for the kick-off. The home team has nine players on the field while the visiting team has sixteen present. You explain to your wife and children that, because of the ‘suggested’ start times, it has become common for many of the players to arrive late for the game and, not to worry, for you are sure the rest will be on the field shortly.

Regarding the visiting team, there has also been a league ruling changing the number of players required to be on the field – each team is free to play as many players as they desire. As a matter of fact, the decision has been made that there would no longer be any rules controlling the football game, so, there is no need to have referees. The goal of each team remains to win the game, but each team is left to decide how best to accomplish the goal. *Had enough?*

Get the idea of my fantasy football game? No rules? Sounds ridiculous, doesn’t it. Not just ridiculous, but absolutely, positively absurd. This could not happen. It is preposterous.

As preposterous as our imaginary football game sounds doesn’t it ever seem to you like in some of the more important areas of our lives we pretend there are no rules?

In our society – in our culture, we have rules for almost every activity in our lives, with more rules being put into place seemingly every day. Rules about which side of the road to drive on, who can drive, even laws requiring us to wear seatbelts. Rules and regulations are in effect which dictate where we live (zoning laws), the manner and materials, we use in building our homes and businesses (building codes), whether or not to buy, sell, or rent property (local ordinances). In addition to laws and regulations, our employers have policies that address on the job standards, behavior and dress. We are a nation of laws (and rules). It would be impossible

for our society to function without laws and rules to govern our behavior and conduct; and how we treat each other and how we conduct business and our personal affairs.

So then, why is it that in some areas of our personal lives many of us ignore basic rules of living? For the purpose of this book, I am talking about rules for handling our money – our personal finances. These rules are called Natural Laws and have existed forever.

You will not have any trouble grasping the truth or significance of these Natural Laws. However, putting them into practice will require planning, communication, patience and discipline. Millions upon millions of people use these Natural Laws to control how to manage their personal finances. Determine in your mind and heart that you going to join that group. With that mindset you will be on your way to Finding Joy and Peace with your personal finances.

I thank you for reading and it is my prayer this book will have a positive effect on your life.

All right, let's jump into Chapter 1 and talk more about your money and our Key Concepts.