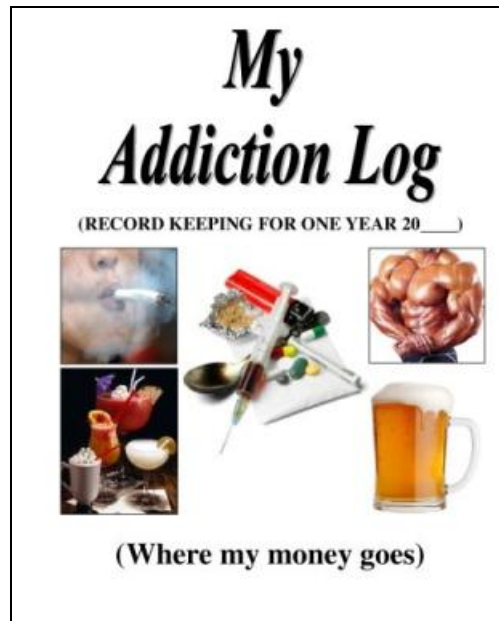


My Addiction Log: Where My Money Goes



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MY ADDICTION LOG: WHERE MY MONEY GOES



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Createspace, United States, 2011. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Introduction I created My Addiction Log book after years of not really knowing how much money I spent on my addictions. I decided to write a log book on my bad habit and see how much money I really was spending; so I got into the habit of writing down my expenditures on my bad habits. It was painful not having enough money to pay my bills at the end of the month feeding my addictions first. I became addicted to robbing Peter to pay Paul. Computer generated budgets have become commonly used as they replace the need to rewrite and recalculate the budget every time there is a change. But, a computer will never replace a written budget that you can monitor daily by writing down what you consume and the cost in a few seconds as turning a page. What if your computer crash? A simpler budget tool, such as my My Addiction Log can be written with a pencil, and optionally, a calculator. Your budgets can be organized by filling in the blanks. It is just as simple as that. Lets face the facts: We indulge in things that makes us relax and feel good, however the consequence is over time these substances will bring you to suffering. Some people have a drinking problem by over indulging. Some have substance abuse of prescription and non-prescription drugs. We as a nation have evolved into a drug society. This is a bad sign for the future of our health care system. The projection for medical cost for preventable medical ailments will run into the trillion of dollars annually in less than 10 years. Medical care alone will...



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