



The Art of Money: A Life-Changing Guide to Financial Happiness

Bari Tessler

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The Art of Money is the book your money-savvy best friend, therapist, and accountant would write if they could. Bari Tessler's integrative approach creates the real possibility of "money healing," using our relationship with money as a gateway to self-awareness and a training ground for compassion, confidence, and self-worth. Tessler's gentle techniques weave together emotional depth, big picture visioning, and refreshingly accessible, nitty-gritty money practices. Guiding readers through a step-by-step journey, *The Art of Money* helps anyone transform their relationship with money and, in so doing, transform their life. As Bari writes, "when we dare to speak the truth about money, amazing healing begins."

The Art of Money: A Life-Changing Guide to Financial Happiness Details

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Author : Bari Tessler

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Rose says

Review to come. I picked up this book last year as a recommendation in the realm of personal finance and it was one of the best/most unique guides in the topic that I've picked up. It's equal parts practical financial management guide and mindfulness/wellness guide. I need to mull over a few points but my overall score might be between 4 stars and 4.5 for this. Technically my first completed read of the year.

Maria says

When I was first told about the "elephant in the room," my first reaction was... "Okay, what other crazy stuff is she going to come up with?" I didn't think I was uncomfortable with self-love, but I guess that when it comes to money, which I get really excited about (especially when it comes to research and planning), I'm not really worried about being kind to myself because it seems kind to myself to simply be playing around with possibilities. By the end though, I could see some of her points. I am planning on using her three tiers of living and doing a few of the exercises.

Miri says

This is a very unique personal finance book. Tessler's approach blends mindfulness, practical info, and a lot of emotional work to help people understand where their patterns and feelings around money come from and how to change them. The spirituality-ish aspects didn't really appeal to me, but don't let that deter you--there's still a lot you can pull out of that (and for what it's worth, it's totally secular). Her approach is very practical and allows you to choose your own values and priorities when it comes to money; other books very much preach Reduce Spending or Pay Off Debt Now or Invest In Stocks or Become A Millionaire And Retire By 30 (ew). Her therapy background probably informs her focus on reframing and renaming the money stuff in your life, especially in ways that make it easier to manage debt or expenses.

I definitely recommend this book to anyone at any income level--although keep in mind that because very poor clients typically cannot afford Tessler's financial therapy services, few of their stories are featured in the book. That doesn't mean that the approach she describes doesn't apply to them, though.

Kristy Billuni says

I will cherish this book, mark it up and fold the corners on favorite pages. I know for certain, I'll give it as a conversation-referencing gift many times in years to come because I have so many meaningful conversations with loved ones about money. You can read or share it in pieces. The chapter on values-based bookkeeping, for example, could be an interesting alternative starting point. The book overflows with practical resources, like questions to ask before you hire a bookkeeper, accountant, or financial advisor and a spectacular, comprehensive further-reading list. It will serve as a resource book on my shelf over time. I will come back

to it whenever I need support.

Amy says

If you're looking for specific tactics or strategies around earning, saving or investing, this might not be the best book. However, lots of good lessons on healing our relationship to money. It's a book I would share with a friend who is looking to dig deeper and not looking for a quick fix.

Niki says

I decided to read this in preparation for a year long journey with Bari on *The Art of Money*. I wanted to see what the overview is and I love the journey and gentleness she brings into our money journey.

Since I started, I've managed to save a bigger chunk of my paycheck into savings, and I've been more daring in wanting to earn more, finding ways to bring my value into the world.

This book isn't very tactical but it shows practical ways of dealing with the shame and guilt we ask have towards money and earning. If you're looking for a way to journey through your money that's supported, this book is a good starting point.

Sarah says

Bari Tessler takes a mindful and compassionate approach to thinking about our relationships with money. She discusses how money is emotional and closely tied to our deeply held values, and presents a number of exercises and practices you can do to gently become more comfortable thinking about money and relating to it in this way. Some of her practices are based in her somatic (body-based) therapy experience, which resonated with me as it was familiar from therapy work I've done. The book is simultaneously a practical, down-to-earth guide to working with personal finances and a helpful companion to guiding you through the anxieties, shame, joy, and other emotions that may come up as you do money work. I really appreciated this balance -- it truly felt like it was sitting down with your money-savvy best friend, as one of the cover quotes says. At the end I found myself wishing I could meet her and have her as my friend!

The main reason I am not giving the book five stars is that it had a strong bias towards people who struggle to make ends meet and entrepreneurs. The majority of the examples (including her personal ones) are from people living paycheck-to-paycheck as they try to get their own business ideas off the ground. This bias is understandable since that's what her own experience is and what she focuses her money therapy practice on. However, it didn't speak to me since I am neither an entrepreneur nor living paycheck-to-paycheck. Some of the particular things I struggle with around money were not as well addressed by the content of the book (although I was certainly able to work on them using the exercises she provides).

Overall I definitely recommend *The Art of Money*! I became more comfortable with my relationship to money and started some new money practices as a result of reading this book and doing the exercises.

Lauren Sapala says

I say this in all seriousness: This book changed my life.

I have never felt comfortable with money. I've always felt confusion, fear, and shame around earning money, spending money, saving money, and receiving money. About a year ago I decided that it was time to get my act together and so I started reading personal finance books, but every book I read seemed to increase my shame and make me even more confused.

Enter Bari Tessler.

I'm still not even sure how I found her—I think through a random Google search, but really I think the Universe placed her right in front of me and nudged me toward her website and then this book. Regardless of how I found her, I had no idea that people existed out there who are doing the kind of work she's doing. This is a money method that is built EXACTLY for people like me. It combines emotion, spirituality, healthy conscious choice, and JOY, and applies all of these things to money. For the first time in my life, I feel like, "YES, I can actually DO this money thing!!!"

I am buying this book for every single one of my women friends and gifting it as a birthday present for the next year. It is THAT good.

And I can do that because I am now pretty dang good at managing my money. Thank you Bari!!!

Carina says

The Art of Money is a book where the good stuff happens right on the first pages. I don't like to scribble in my books and prefer to keep them in pristine shape. But never has the urge been stronger than when reading Bari Tessler's Art of Money! On page ten I was jumping in my sofa almost on my way to get a pen. This is definitely a book that you want to take notes and ponder upon when reading. Not only because of the exercises in it, but because it sets your mind rolling.

I have never been fond of 5 steps to anything and that is also one of the many reasons why I loved this book. It is deep and yet due to the stories Bari is weaving in to her teachings it does not feel heavy. Right in the beginning Bari writes "Money isn't just about the numbers, it's also about our relationship with ourselves". That pretty much sums it all up and explains why the take on money Bari has in her book, is so much more interesting and more profound than books only focusing on the tactics. Bari will give you both worlds, the inner stuff (healing old money stories) and the outer stuff (different money practices). Take your time, this is a book to indulge in and a whole new world of body check-ins, money healing, value-based bookkeeping and money maps will open up for you. Enjoy!

During these 7 years that I have been devouring myself in the online world, there are a few significant persons that have had a greater impact on me and what I do today. The kind of persons I would love to meet in real life and give a hug and thank them for being such an inspiration.

Bari Tessler is definitely one of them. She was the one who played a part in me daring to hold my first group program in my living room together with another woman. She was the one who got me to understand that you can combine two things that seemingly has nothing to do with each other and incorporate them in your business.

Maia Duerr says

"The Art of Money" ranks right up there for me along with another book that has been pivotal in transforming my relationship with money -- "The Energy of Money" by Maria Nemeth. Both books are full of practical guidance but even more importantly they draw out the energetic and spiritual dimensions of money. To me, this is a necessary ingredient in order to make not just a superficial change, but a lasting transformation.

@Bari Tessler's book feels like having an intimate conversation about a sometimes-scary topic with a good friend. I appreciate how 'real' she is in this book. I found the "Money Maps" especially helpful in tackling some longtime and thorny financial challenges for myself.

Highly recommended.

Caroline says

Amazing. I never thought I'd describe a personal finance book as a page turner, but I could not put this down. I've known Bari Tessler for years, taken her courses and she is an incredible resource. Every time I connect with her my life is the better for it. Anyone who interacts with money in any way will want to read this. The best part is the book's ability to motivate without scaring you. There are many issues around money that can be scary- it may be the most loaded topic of all- but reading this will have you sighing with relief. There is another way to feel about money. Read this and find out!

Shannon Buck says

I'm still on my quest to learn more about different aspects of finances, and was overjoyed to read Bari Tessler's book The Art of Money: A Life-Changing Guide to Financial Happiness. Bari is the creator of the global, year-round program The Art of Money, and she uses a caring, conversational writing style to guide us through the book so we can learn all about our financial situations. All this, she does gently.

"Money... is about our relationship with ourselves."~ Bari Tessler

To begin, Bari takes creatives and non creatives on a money journey in Eight Money Areas:

Clarity
Intimacy
Knowledge
Ease and Peace of Mind

Success
Value
Hope
Support

Then she takes you through the Three Phases of Deep Money Work:

Money Healing – Money shame is a real thing, but you can learn not to practice it with body check-ins, healing rituals, and other important tools.

Money Practices – Self-care is important in money work. Bari Takes you through how to connect on a spiritual level with your money practice, and teaches about value-based bookkeeping. (I'm loving this!)

Money Maps – Here is where you create your money map and your money legacy.

I thoroughly enjoyed this book, picking it up to read any time I had a few minutes to spare. I went through the money healing rituals, that guided me through important things that were hindering my ability to have a good relationship with money. (And I still use them!) This step helps to clear the way for more money work as I progress through the book, and I'm not done yet.

I learned that there are three levels of money practice: Emotional, psychological, and physical-spiritual, about the five myths of forgiveness, and about the types of money healing.

Bari also offers a resource section in the back of the book, so you can learn more about living the financial life you want.

Money healing can take time, but I know I'll get there. So will you!

Meighan O'Toole says

3.5 stars - This book helped me to really rethink how I approach money. Tessler is filled with empathy and compassion, and she just seems like a lovely person. Someone you really want to make proud. I think one of the biggest a-ha! moments for me in the book is how she discusses values and how they should be weaved into spending, saving, giving, etc. This was pretty groundbreaking to me! Which may seem crazy to some. But money has always eluded me, and it's always felt like it was meant to be spent. But as I have read more and more on money, and as Tessler shares in her book, there's so much more to engage with around how you use money in your life. Tessler infuses spirituality, empathy, sensitivity, and behavioral grounding techniques (her Body Checkins were something really great to see in the book).

As a small business owner, I sincerely appreciate how she approaches her own business and found that incredibly unique. She lives within her values and morals and it's incredible to see that take place around money. It's inspiring!

I would have given the book 4 stars, but I felt like it went on for a little too long. If it had ended earlier, I would have been on fire for it. But I felt like it dragged on a bit towards the end. The stories and anecdotes were interesting in so much as they framed her strategies, but they went on a little long and towards the end, I skipped over a few ?. The Money Maps chapter was fascinating to me and gave me a new view of how I could reframe spending. But I would have loved to have seen examples to help me visualize them. I'm not quite sure how they work together and it was hard to get my head around them.

Overall though, this will be a book I come back to time and time again as I continue to work on my own money stuff, and I will for sure recommend it to other people who want to change their relationship with money in a deeper way.

Kathryn A. Forsyth says

An in-depth look at money and how it affects our lives, and how our beliefs and emotions affect how we manage our money. This is not a quick read as it inspires us to think about our lives, and what role we want our money to play in our lives. Bari asks many questions that require soul searching to answer. I found it very interesting and thought-provoking. If you struggle with getting control of your money, this book will help if you're willing to wrestle with difficult questions, and do the exercises in the book.

Erin says

This is a different take on the basic finance book and focuses more on your feelings and emotions surrounding what can be an inherently emotional topic. It was interesting to look at it from a perspective that I don't normally engage with but ultimately contained a lot of the same information I've found in other sources, just packaged differently. For someone who is not analytical about money, this could be a great approach with lots of actionable tips and tricks. For those analytical types, this book is perhaps not a useful resource.
