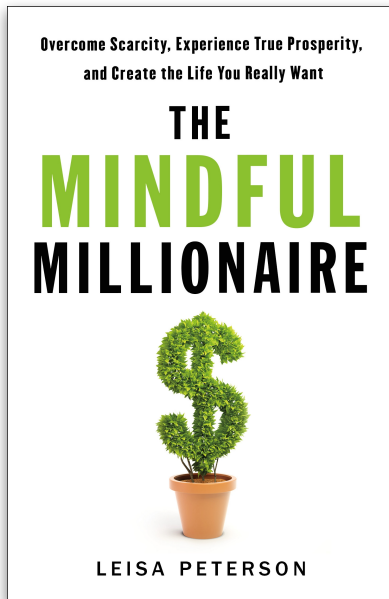




ST. MARTIN'S
ESSENTIALS



The Mindful Millionaire: Overcome Scarcity, Experience True Prosperity, and Create the Life You Really Want

By Leisa Peterson
Foreword by Grant Sabatier

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About the book

In the world of personal finance the biggest challenge is the sense that there's never going to be enough. It is this mindset of scarcity, and not the amount spent on lattes, that holds people back the most from achieving their financial dreams.

Using techniques she's developed as a financial planner and spiritual coach, Leisa Peterson guides you to dig deeper and discover the root of your financial thinking to change not just the way you save and spend, but the way you live your life.

Through powerful practices, compelling stories and extensive research, *The Mindful Millionaire* meets you wherever you are in your money journey by exploring:

*Where your current money habits come from and why you feel the way you do about money and success.

*How to break the cycle of fear, grief, and shame that often surrounds your money habits.

*How to write a new money story that inspires joy, satisfaction and prosperity.

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- *Why wealth building isn't just about positive thinking and "manifesting" things into reality.
- *How to stop financial self-sabotage and procrastination.
- *Where practical financial advice misses the mark.
- *The most effective tools for changing how you think and feel about money.
- *What true financial independence looks like and how to discover the millionaire within.

Praises for The Mindful Millionaire Book

"Peterson opens your mind to the story you've been telling yourself about money, then shows you how to craft a new one that better fits who you are and what you're here to do."—**Jonathan Fields, author of *How to Live a Good Life*, Founder of Good Life Project**

"Our values are reflected in the decisions we make. No matter how much money and success you have, life can be a struggle when you don't value yourself. This book helps you realize your intrinsic value so your financial decisions reflect what matters most to you. This is the key to true financial freedom."—**Ivan R. Misner, Ph.D., Founder of BNI and New York Times bestselling author of *Truth or Delusion? Busting Networking's Biggest Myths***

"If you want to win the mental game of money AND the real game of money, THIS is a playbook with the science and tools to make it happen. Pages 30-35 alone are worth the tiny investment."—**Todd Herman, author of *The Alter Ego Effect* and Inc 500 Fastest Growing Company Recipient**

"Leisa's book helps us realize that to receive a helpful answer we must ask the right question. I love how she verbally holds your hand, leading you away from the mind-numbing chase for more money and more stuff, and instead toward more fulfilling peace and security. If you've read other finance books and still felt empty, this is the book you've been waiting for."—**Joe Saul-Sehy, Creator and Co-Host - Stacking Benjamins Podcast**

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About the author

Leisa Peterson, CFP® is on a mission to help 1,000,000 people elevate their financial consciousness. As a money coach, business consultant and spiritual teacher, Leisa hosts the Mindful Millionaire podcast as well as virtual workshops and deep-dive retreats. Her masterful blend of sound financial strategy and mindfulness training helps people break free of patterns of lack, scarcity and money fears, allowing them to finally lead the rewarding, fulfilling, and abundant lives they most desire.

Leisa has appeared in The Wall Street Journal, FastCompany, Forbes, The Week, Huffington Post and has been featured on many podcasts and radio shows. Prior to starting WealthClinic®, LLC, Leisa worked with some of the largest financial and business services companies in the world including Wells Fargo, State Farm Insurance, UNUM Life Insurance, New York Life, Federal Express, Pitney Bowes, Ford Motor Company, and General Motors.

About St. Martin's Essentials

St. Martin's Essentials is the newest imprint at St. Martin's Publishing Group. Designed to bring the best books in the areas of mind, body, and spirit, Essentials has already over 100 titles signed since we published our first book in January 2019.

Founded by successful publishing veteran Joel Fofinos, who was most recently at Penguin Random House for 21 years, Essentials is already considered to be one of the leading voices in lifestyle publishing.

Recent authors and books include Everything Is Spiritual by #1 bestselling author Rob Bell, The Listening Path by Julia Cameron, author of the 4-million-copy bestseller The Artist's Way, and Pinch of Nom by Kate Allison & Kay Feathersone, the UK's fastest selling book since Harry Potter.

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