



Breaking Money Silence®

How to Shatter Money Taboos, Talk More Openly about Finances, and Live a Richer Life

Kathleen Burns Kingsbury

1 VOLUME

Almost half of Americans say that the most difficult topic to discuss with loved ones is their personal finances, so much so that they would rather talk about death, politics, or religion. But what price do you pay for staying quiet? In her fifth book, Kathleen Burns Kingsbury, a wealth psychology expert with over twenty-five years of experience empowering women, couples, parents, families, and wealth advisors, provides you with the answer.

This book equips you with the practical tools needed to navigate difficult conversations and future-proof your finances. Discover how to identify your thoughts and beliefs about wealth, and how doing so can help you talk more openly and honestly about money with loved ones. Acquire skills for engaging in effective dialogues with aging parents about healthcare costs, estate planning, and end-of-life issues. Learn tips for fighting fair financially with your partner, and for raising a financially literate next generation.

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Primary Subject: Business
Secondary Subject: Psychology

Using Money Talk Challenges and real-life stories, Kingsbury coaches you (and your trusted advisor) to take action. You'll walk away with a roadmap for putting what you learn into practice.

Breaking Money Silence is a catalyst for a money revolution leading to a more gender-savvy, financially secure, and financially literate world.

FEATURES

Discusses the societal, familial, and personal roadblocks that make talking about money and finance challenging

Explores gender differences when it comes to talking about money and how "money silence" contributes to the wage gap for women

Reveals the cost of living in "money silence," including how it contributes to the high U.S. divorce rate, how it inhibits the ability of some parents to raise financially literate and responsible children, and how it stops families from successfully passing on wealth

Identifies common money myths that fuel financial misunderstandings and mistakes, and offers tools for uncovering these fallacies

Shows how the financial advising industry has colluded with the idea that men and women don't need to talk about family finances as a couple—and how advisors can advocate for change

Shares practical, easy-to-implement tips and tools for talking about money with partners, parents, siblings, children, and employers/employees

Offers a "Money Talk Challenge" coaching exercise at the end of each chapter, with a special section on how advisors can use these tools with clients

Kathleen Burns Kingsbury is a wealth psychology expert, founder of KBK Wealth Connection, host of the Breaking Money Silence® podcast, and the author of several books, including *How to Give Financial Advice to Women* and *How to Give Financial Advice to Couples*. Kingsbury served on the first CNBC Digital Financial Advisor Council, is a thought-leader columnist for *Investment News* and is frequently quoted in publications such as *The Wall Street Journal* and *Reuters*. Her work has been published in *Advisor Perspectives*, *American Banker Magazine*, *Financial Advisor Magazine*, *Financial Planning Magazine*, *Investments & Wealth Monitor*, *Money*, and *REP Magazine*. She is a faculty member of the Certified Private Wealth Advisor program of IMCA associated with the Chicago University Booth School of Business and teaches the Psychology of Financial Planning course at the McCallum Graduate School of Business at Bentley University. Kingsbury holds a master's degree in psychology from Lesley University and an undergraduate degree in finance from Providence College. She is a member of the American Association of University Women, Financial Therapy Association, the National Speakers Association, the Purposeful Planning Institute, and Ellevest.