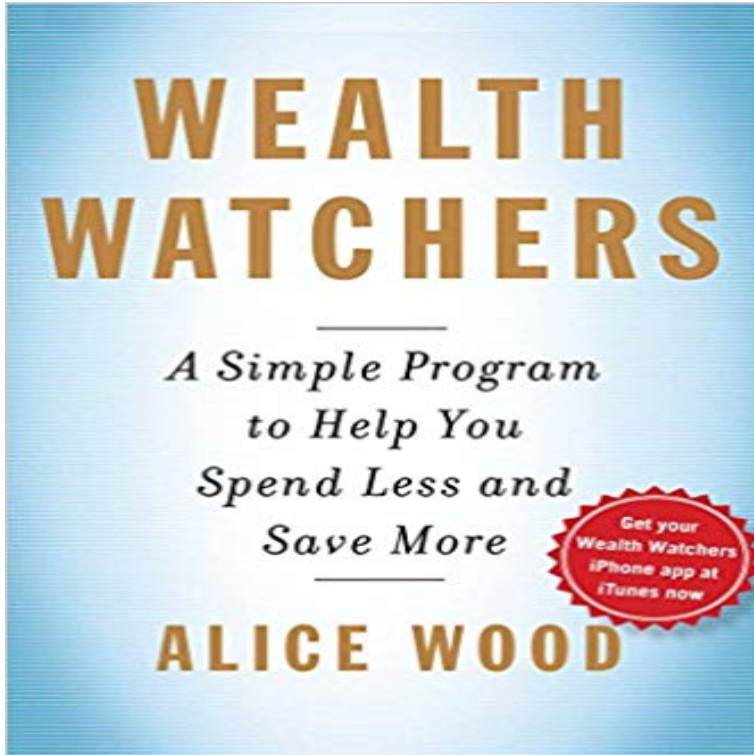


Wealth Watchers: A Simple Program to Help You Spend Less and Save More



Through her journey from having it all to dealing with financial setbacks, Wood provides tools to help you organize your finances and understand which spending patterns are knocking you off-track. Ten years ago, Alice Wood was living a normal life, balancing her career, family, and finances with confidence. She knew instinctively how to handle money, until a brain injury sustained on a commercial airplane changed her life. After the injury, Alice encountered many new challenges; for the first time in her life she was overweight and in serious debt. Weight Watchers allowed Alice to lose the weight and keep it off. Inspired by Weight Watchers daily discipline of journaling and the principle of group accountability, she decided to create a new and radically simple program to reclaim her financial stability. She called it Wealth Watchers. This simple program enabled her to meet her own financial goals and soon was helping thousands of others to do the same. Today, the Wealth Watchers program is an important part of the rapidly growing movement for financial literacy and empowerment sponsored by school, state, and federal government programs; corporations such as McDonalds and Visa; and several large financial institutions.

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