

How Much is Enough?: Making Financial Decisions That Create Wealth and Well-being

Arun Abey and Andrew Ford
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Reviewed by Irene Watson for Reader Views (4/09)

The introduction of “How Much is Enough?” by financial advisors Arun Abey and Andrew Ford proclaims “...becoming master of your mind, you can have it all.” According to the authors it all stems on making choices, maximizing our personal potential, and finding happiness within rather than through money.

Using fables, stories, questions, exercises, reading resources, and charts, the authors give a concise and informative plan to create our own prosperity and abundance. Of course, like with any plan, setting goals is the foremost and most important exercise. But, in this case, the authors have the reader focus on his or her personal attributes, such as: What motivates you? What causes you stress? What are your hobbies? They have a complete section on strategies for your own well-being.

Part two of the book addresses wealth habits and part three addresses wealth and well-being. In the end, the authors give the reader the opportunity to look at their own lives again and re-visit career choice, as well as apply strengths and financial strategies.

Abey and Ford have created a timely resource book, not only for financial freedom but for personal discovery. “How Much is Enough?” addresses our individual lives and thoughts, the most important aspects of achieving any dreams, not only personal but financial. To my knowledge, there is no other personal finance book on the market that actually places our personal selves before our financial selves.