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Australia's leading Financial Therapist delves into our problems with money as a mental health issue in her new book *The Billionaire Buddha*.

Jane Monica-Jones turned her own issues with money; from financial chaos, underearning, overspending and even cheating, into helping others overcome their psychological and behavioural issues with money. This book culminates in seven years of study, research, interviews and working with clients in the field of Financial Therapy and Economic Empowerment.

**QUOTE:** "Our mental health issues with money drives us to overwork, gamble, engage in "retail therapy", gets us addicted to credit, locks us into unsatisfying jobs, stresses us out and makes us ashamed of our position on the socio-economic ladder."

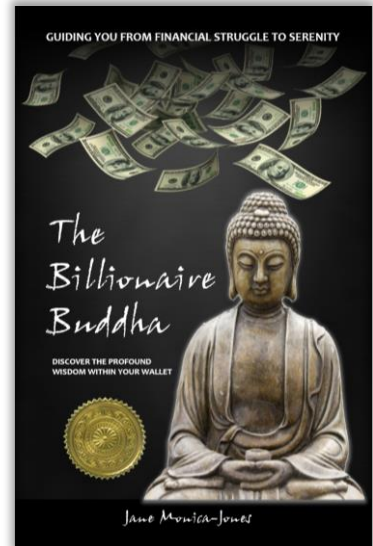
*The Billionaire Buddha* takes the reader on a journey of fiscal self-discovery. Using enquiry exercises, reflection tools, identifying financial stress triggers and money personality typing, to build financial efficacy and capability, plus much more. Including a 28 Day Challenge – a month long program designed to revolutionise the reader's relationship with money.

**QUOTE:** "Financial education and understanding investment products and strategies is only half of what is required for true financial wellbeing. When working to improve our financial lives we need to consider our own unique psychology, behaviours, beliefs and triggers with money."

Jane believes money and the discussion of it, is in a way, the last taboo and ... as with any taboo it is going to be rife with shame. The type of shame we sometimes feel with money that is so excruciating, we prefer to assign a level of non-emotionality to it. The kind of non-emotionality that puts profits before people, and exploitation before nature. As such the book covers the big subjects that we often don't want to consider with money ... *Money & Pain, Money & Shame, Money & Power, and Money & The Saboteur*.

**QUOTE:** "My belief is that this conversation, the very frank 'money conversation', particularly in these times, just might be the gateway we need for personal and planetary survival."

For media enquiries please contact Jane directly.



Jane Monica-Jones is Financial Therapist, Psychotherapist and Educator based in Sydney.

Her therapeutic practice and trainings specialise in General and Financial Therapy & Financial Counselling – Money, Grief, Addiction, Trauma, Anxiety, Depression and Relationships.



**Jane's areas of financial therapy expertise...**

- The Psychology of Money • Economic Empowerment
- Financial Capability & Efficacy • Women's Financial Efficacy • The Financial Saboteur • Money & Shame
- Money & Power • Financial Health & Wellbeing
- Net Worth -v- Self Worth • Financial Susceptibility
- Financial Abuse • The in Debt Mindset • Money and Our Upbringing • Money & Mindfulness • Budget Management • Compassion & Money • Building Financial Resilience • Recovery from gambling, overspending, underearning, debt, retail therapy, overworking and being unable to save • Overcoming Financial Adversity – Job Loss, Credit Card Debt
- Overcoming Financial Trauma – Divorce and Bankruptcy • Financial Bypassing & Avoidance
- Financial Triggers • Financial Chaos & Daydreaming
- Money See-sawing • Beliefs and behaviours • Keeping up with the Jones' and much more ...

Available all good [online bookstores](#)

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