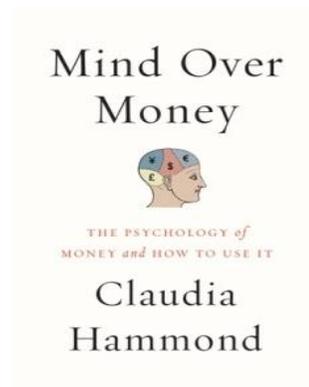


October 26, 2016

Spotlight on Books:

Mind Over Money: The Psychology Of Money and How to Use It Better by
Claudia Hammond



Many of us have conflicted relationships with money and I venture that most of us want more money! In *Mind Over Money* BBC Radio 4 host Claudia Hammond takes on the subject of the powerful hold money has on us and I guarantee that you won't look at money in the same way after reading her thought-provoking and fascinating book.

In *Time Warped* Hammond looked at the challenging subject of time and attempted to teach her readers to use it more efficiently in planning for the future. In *Mind Over Money* the author draws on 263 psychology experiments to prove her conviction that money is a mental construct and that we can change our attitudes to it and develop healthier, happier relationships with it at the same time.

The experiments referenced make for compelling reading but the author recognizes that many readers will want to skip to the essentials and so includes an addendum of helpful money tips. Hammond shares insights that at first may seem surprising but upon reflection make eminent good sense. Did you know, for example, that being grumpy can help to protect us from getting ripped off? The author questions the common attitude held by many lottery players around choosing the same number every week as doing so, she believes, guarantees that the player will not be able to stop playing. She suggests that before using a credit card to pay for something, envision withdrawing cash instead – you may not be so keen on the purchase!

The underlying theme of *Mind Over Money* may seem trite but is true – money will not make you happier unless perhaps you use it to purchase life enhancing experiences that may make you wealthy in the bigger sense of the word.

Yellowknife Public Library is celebrating Financial Literacy Month in November and Hammond's book is just one of many fine titles on display in support of that theme.

- Reviewed by Deborah Bruser, Library Manager