

FOR IMMEDIATE RELEASE

Frugal Living Expert Lesley Voth Shares Secrets of Eliminating Debt While Living Well

HOUSTON, Sept. 29, 2009 – Lesley Voth has a message for Americans and Canadians: There's a better way to live! We have been living far beyond our means for far too long, and now we're struggling to pay the debt. It's time to take control of our finances so we can enjoy a better life. In her new book, *Simply Fantastic: Living Better on Less* (\$13.99, ISBN: 978-1439248874, <http://www.simplyfantasticbooks.com>), Voth explains just how to do that with a step-by-step guide to cutting costs, eliminating debt, and enjoying a life free of financial stress.

Voth learned the lessons of financial prudence at her father's knee. As a child growing up in New Zealand in the '40s and '50s, Voth's father taught her the only way of life he knew: to make do, to live within her means, and to never accumulate debt. The frugality her father passed down to her at times seemed difficult to live by, but when she moved to Australia in the late 1960s, financial know-how allowed her to do the work she wanted, where she wanted. Today, Voth enjoys financial freedom thanks to a lifetime of managing her money wisely.

"*Simply Fantastic* is about enjoying living in the moment, not worrying about the future or stewing over the mistakes of the past, and it means living life with gratitude for each moment," Voth explained. "The book teaches readers to become more aware of their spending habits and the importance of living within their means. It challenges them to change their lifestyle to one that is affordable, which offers the benefit of financial freedom."

In *Simply Fantastic*, Voth draws on her lifetime of experience to challenge readers to enjoy their lives and families more by spending less and offers over 500 tips and strategies for slashing expenses, eliminating debt, and moving from a lifestyle of borrowing and spending to one that is more sustainable. The author also explains the importance of developing sound financial habits, particularly in today's economy, reveals scores of websites where readers can learn more about reducing spending, and shows how to spot—and avoid falling victim to—financial scams and pitfalls.

Voth set out to write *Simply Fantastic* when it became apparent the global recession could be headed toward depression, yet the world's largest governments were urging families to engage in more of the financial behaviors that caused the downward spiral to begin with.

"I am disturbed governments are encouraging people to spend money they don't have. Spending is what got hard-working families into trouble in the first place," Voth stated. "Families are falling apart as a result of that spending, and now they need to look after themselves and help others. Start being innovative and productive. The economy will look after itself."

Voth's *Simply Fantastic* website gives more information about her book and provides additional money-saving hints, tips, and ideas. Learn more at <http://www.simplyfantasticbooks.com>.

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