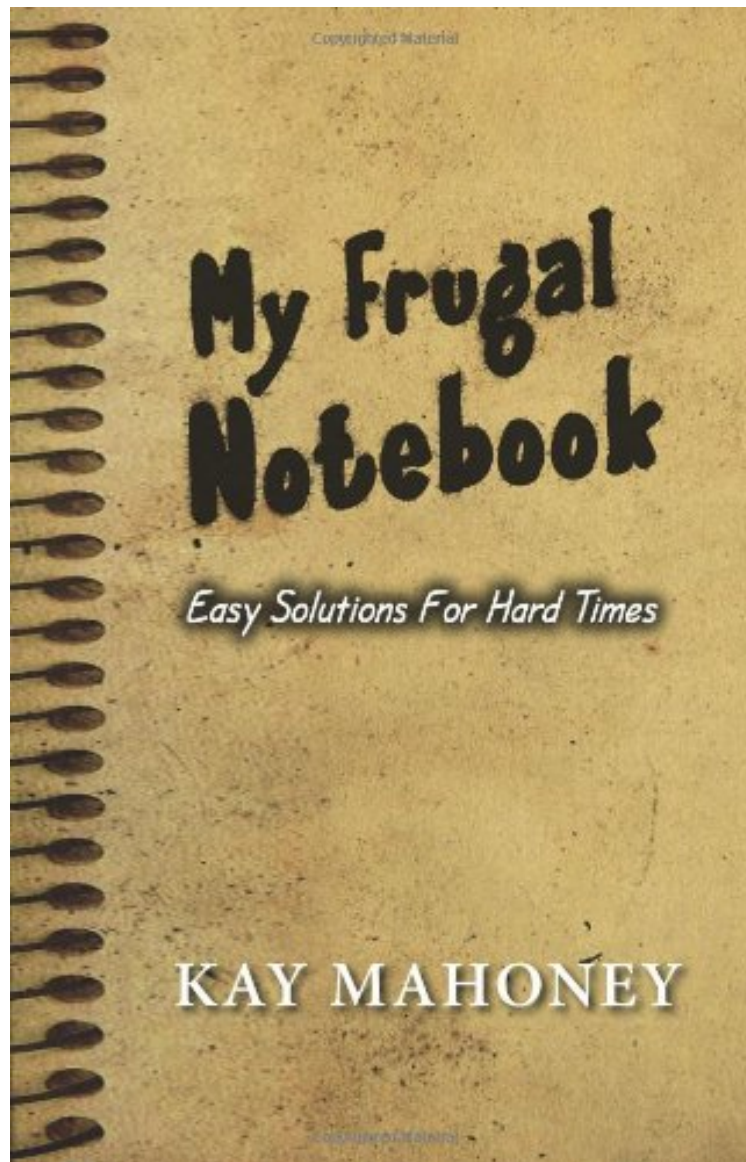


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## My Frugal Notebook

*Kay Mahoney*

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helpful. Excellent book! While I had already known about some ...By 2ndChanceExcellent book! While I had already known about some of the frugal suggestions the author wrote about, there were some that were new and easy to incorporate. It's a VERY fast read, but enjoyable, too. The best part about this book is it will help with any "attitude adjustment" you might need about living a frugal lifestyle. Again, I loved it!0 of 0 people found the following review helpful. Money well spent!By TruthSeekerBeing retired, I am always looking for ways to stretch my pension check, and this book fits the bill. I received it as a gift and it is a keeper. I thought I knew just about all there was to know about scrimping and finding bargains until I read this book. There are dozens of simple tips on how to save your money that I had not thought of before that make the book worth the modest price. The author gives us some scrumptious recipes with a story behind the recipe - not just a dry list of ingredients and cooking times. She makes reading recipes fun, saves you money at the same time, and the ones I have tried so far are dangerous to my waistline. She gives us instructions on how to make our own spices, condiments, jellies, and desserts. And to top it off she includes room for your notes - this makes it your notebook. I never write in books, but this is the exception. The list of online resources for supplies and information is quite nice. The chapter on Keeping a Pantry is a handy shopping list - just copy the pages, note your quantities needed, and go to the store. If you have a particularly prickly friend or family member give them a copy of this book with a note to read pages 29-30 concerning Butt Crack Powder. What are friends for? Sprinkled throughout the book are quotes on being thrifty and frugal that would be useful printed and stuck on the refrigerator or pantry door. I am going to give this jewel as a gift to friends and family.

This book will tell you how to be more frugal without feeling you are missing out on the good life. It is filled with step by step instructions on how to make many things you use each day. Included are several original recipes for useful products. Also included is a section on herbal remedies and recipes, and other techniques to improve your well-being. You will learn easy, practical, new methods to provoke your thought process and help curb impulse buying. This book is written in understandable terms for "newbies", as well as for folks with more experience at being frugal. Its one-on-one style will make you feel as if you are having a conversation with a friend.

From the AuthorIn my novel, Collapse: You're On Your Own, one of the main characters, Sunday Duncan, compiled a notebook containing recipes, tips, and useful knowledge. She printed this information to have just in case there ever came a time when there was no internet/electricity, and of course, in the novel that time came when an EMP knocked out the nation's electrical grid. The notebook served her well. This gave birth to the idea of, My Frugal Notebook: Easy Solutions For Hard Times. Whether or not we ever experience an EMP and lose our electricity for years, it's good to have money saving, useful information in written form, compiled in one easy to understand book. The information provided in this book was written to be helpful, motivating, and entertaining. May its contents help you live a better, healthier, happier, and more frugal life. From the Back CoverDo you want to learn to be more frugal? This book will teach you how to do just that. Take a peek at the table of contents and see if there's anything you want to learn. You may be surprised at what you find. Discover how easy it is to be frugal, the joy of being able to make things yourself, and the fun you and your family will have while making your life better in so many ways. About the AuthorI am a teacher at heart. I enjoy learning new things and sharing my knowledge with others. I love figuring out the best ways to do things for myself, saving money in the process. I live in the mountains of northern Arkansas with my exceptional husband, Michael. I am retired and enjoy writing, gardening, and pursuing all the frugal things life has to offer.