

The Frugal Life: How to Spend Less and Live More

Submitted by: MGA (London)

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The Frugal Life: How to Spend Less and Live More is published in May by The Good Life Press (<http://www.thegoodlifepress.co.uk>). Author Piper Terrett is a financial journalist who charts her cost-cutting adventures on her popular Frugal Life blog (<http://frugal-life.spaces.live.com>).

While cutting back on what we spend may not sound like much fun, The Frugal Life shows you how living on a budget doesn't have to mean a miserable existence. Frugal living is about making sustainable changes to your finances and outlook that will actually make a positive difference to your life, and not just be this week's credit crunch fad.

The book is packed with thrifty tips, ideas and budgeting advice on a huge range of topics: from growing, cooking and entertaining friends, to planning for redundancy, budgeting for a new arrival, entertaining children, planning holidays and much more. It is ideal for everyone, from struggling student to first jobber, families and pensioners, and anyone who wants to achieve the best standard of living possible on their income.

Piper Terrett is a former news editor at the Investors Chronicle and she has written for numerous publications including the Financial Times and London Lite. She practices what she preaches on her blog, and various challenges have included a month living on the equivalent of the state pension, a week as a vegetarian to see if it really does save you cash, and a period spent using only Asda Smart toiletries. Her latest challenge is to live on the equivalent of the Job Seeker's allowance of £60.50 a week.

For review copies, to talk to Piper Terrett and for further information please contact Bethan Jones at MGA on 020 7836 4474 bethan@mga-pr.com