The Pillars of Financial Wellbeing and Fulfilment Revealed in a New Book

Thursday 1 June, 2023

The Four Cornerstones of Financial Wellbeing, by the founder of the Institute of Financial Wellbeing Chris Budd, aims to change our relationship with money and wealth from being one of the objective of life to being the engine of joy.

When it comes to financial wellbeing, many factors are to be taken, including the economic system that we live in, advertising and consumerism. The book demonstrates that external sources of joy, such as wealth, status and fame, do not bring long-lasting wellbeing, whereas internal sources, such as helping others and living a life with meaning and purpose, do.

The author, Chris Budd, says why he decided to write the title: “I researched and wrote the original *The Financial Wellbeing Book* in 2015 because I wanted to provide a guide to helping people create a financial plan to make them happier, not just wealthier. In the years since I have learned so much about what makes our relationship with money a barrier to our wellbeing. In this book, therefore, I wanted to outline that challenge, and then provide a solution.”

The Four Cornerstones of Financial Wellbeing unpacks scientific research into happiness and applies it to the financial planning process. The author leads the reader into understanding their own definition of success, what brings happiness and wellbeing, and the distractions and barriers that stop them from achieving wellbeing. In doing so he helps the reader to have a healthier relationship with money and provides them with concrete steps on how to create their financial wellbeing plans.

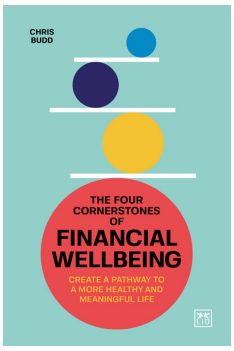
Chris Budd is the author of six books, including the bestselling *The Financial Wellbeing Book* (LID). The author has brought the concept of financial wellbeing into the financial services world and has worked with thousands of individuals and organisations. He founded the Institute for Financial Wellbeing (IFW) to bring together financial advisers and planners who want to focus on their clients’ happiness, not just their money.

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Notes to editors:

- *The Four Cornerstones of Financial Wellbeing* will be published on 15 June 2023 by LID Publishing
- For all media requests, please contact Teya Ucherdzhieva (E: teya.ucherdzhieva@lidbusinessmedia.com; M: +44 (0) 7928 666 131)
- For more information about Chris Budd, please visit LinkedIn
- For more information about LID Publishing, please visit www.lidpublishing.com
- LID Publishing is the publisher of *Leader As Healer*, Business Book of the Year 2023

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