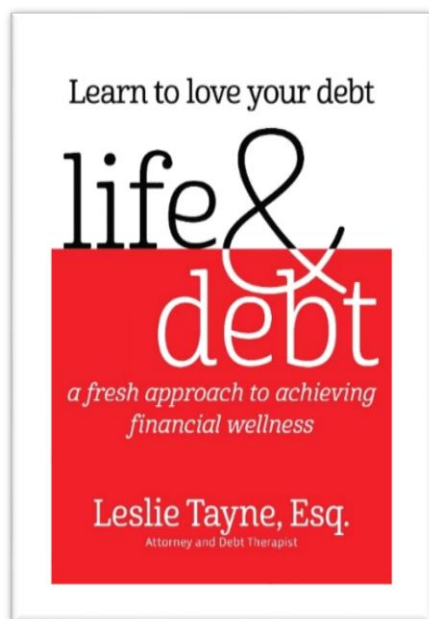


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***Create a different mindset and learn to love
and embrace your debt!***

The classic American Dream of living “the good life” is something most people aspire to, but it comes with a price tag. Whether it is a home mortgage, car loan or line of credit, debt is the price we pay for our dreams and, if not managed properly, dreams can become financial nightmares.

LIFE & DEBT

**A Fresh Approach to Achieving Financial Wellness
By Leslie Tayne, Esq.**

By the time Leslie Tayne passed the bar exam she was married, pregnant with no real job, and \$80,000 in student loan debt. Though she had met most of her childhood goals, she was facing one of life’s most important lessons — she had accrued debt which needed to be paid back. She was drowning in debt and, determined to free herself from denial and financial turmoil, she sought answers – and found them. Today she runs a successful debt resolution law practice based on the lessons she learned in her own financial life, and has been helping others do the same for more than 15 years.

LIFE & DEBT: A Fresh Approach to Achieving Financial Wellness (Gateway Bridge Press; February 2015; \$12.95) by Leslie Tayne, Esq., is not your typical “get debt free” book. It’s a fun, easy to read guide filled with useful tips about managing debt, confronting the fear of budgeting, and the importance of knowing your credit history and score. There’s even a sample credit report in the back of the book to use as an example.

LIFE & DEBT also provides true stories of people from different socioeconomic backgrounds, who for one reason or another found themselves deep in debt and without a clue on how to remedy their situation. After meeting Tayne, she assured them they were not unique. She tells her clients there is no embarrassment to being in debt, and teaches

them how to learn to love and embrace their debt because, in today's world, it's practically impossible to be debt free. **LIFE & DEBT** is groundbreaking in that it teaches people – young, old, retired, divorced, college students, grads, and parents – to live with and take on debt that makes sense for your life. The key lesson from the book is that the first steps of being able to properly manage your debt is to learn to love it.

“We all have some kind of debt. It's how you handle it that makes the difference. Debt is a part of life and most of us cannot have the things we need, like homes and cars, without it. Debt is a good and necessary thing — even Donald Trump has it,” said Tayne.

Leslie Tayne, Esq., is an award-winning and highly respected consumer and business debt-related attorney and advisor and founder of Tayne Law Group, P.C., one of the few in New York State concentrating solely in debt resolution and alternatives to filing bankruptcy for consumers, small business owners and professionals. Recognized as an industry leader, her achievements include being selected for the Long Island Business News Leadership in Law Awards; twice honored as one of Long Island Business News' Top 50 Most Influential Women in Business; named Business of The Year by the Melville Chamber of Commerce; and presented with the Achievers' Award at Long Island Center for Business & Professional Women. As a private citizen and volunteer, she is actively involved with the Guide Dog Foundation for the Blind, Smithtown, N.Y., caring for and training puppies who eventually become service dogs for individuals in need. A portion of the proceeds from the sale of this book will go to this foundation. Visit the website at www.lifeanddebtbook.com

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LIFE & DEBT
A fresh approach to achieving financial wellness
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