

MEDIA RELEASE

FOR IMMEDIATE RELEASE

New Book Empowers Australians to Eliminate Debt and Achieve Financial Freedom

Brisbane, QLD – DATE OF RELEASE: 3 June 2024 – A powerful book written for those struggling with debt and feeling overwhelmed by their finances.

A new book by Carrie-Ann McLean, **Budget Right: Eliminate Debt and Improve your Financial and Mental Wellbeing** offers Australians a practical roadmap to financial freedom. Officially launched on Saturday, June 22nd at Carindale Library Creek Road, Carindale, Qld, Australia.

The book equips readers with actionable tools and strategies to take control of their finances, reduce debt, and improve their overall financial and mental wellbeing.

From Debt to Financial Freedom: A Story of Transformation

Carrie-Ann McLean is more than just an author; she is a testament to the power of financial resilience and literacy. Having overcome significant debt and homelessness herself, she shares her inspiring journey in Budget Right. This book goes beyond numbers and spreadsheets, offering a holistic approach to financial health, addressing the mental and emotional aspects of overcoming debt that brings about a holistic solution.

Budget Right Galley – Media, please email carrie-ann@budgetright.com.au to request the Budget Right galley.

Budget Right: What Readers Will Find

- Improved financial literacy and awareness: Understand how small daily changes in spending can create big savings over time.
- Actionable tips and worksheets: Learn to understand your finances, track cash flow, and create a personalised budget.
- Proven strategies for debt management: Discover effective methods to pay off debt faster and become debt-free.
- Insights and inspiration: Find the motivation and confidence to break free from financial stress and build a secure future.

Budget Right: Empowering Australians to Take Control

“I wrote Budget Right because I know what it’s like to feel trapped by debt and I want to help others avoid the challenges I experienced,” says Carrie-Ann McLean. “This book is for anyone who wants to break free from a negative money mindset, achieve financial literacy and liberation, and trade a life burdened by financial stress for one of financial freedom.”

Barry Nicolaou, #1 Best Selling Author & Owner of The Mindset Gap had this to say about Carrie-Ann and her book, Budget Right: “This book is not just a manual; it's a heartfelt offering, a guiding hand extended from someone who has emerged on the other side stronger, wiser, and more financially secure.

Her words are not just advice; they are a lifeline, a testament that no matter how dark the tunnel may seem, there is a light, and it’s not just about financial abundance – it’s about reclaiming your peace of mind. As you embark on this transformative odyssey through the pages of this book, do so with the knowledge that you are not alone.”

About Carrie-Ann McLean

You're looking at a woman who refused to give up. Carrie-Ann's journey with debt, a negative money mindset, and homelessness has been a rocky road (and not the sweet kind).

To quote the inspirational Nelson Mandela "It always seems impossible until it's done".

For the majority of her adult life, addiction and debt controlled her. Carrie-Ann was desperate to change her situation but didn't know where to start, because it was so overwhelming and looked impossible. She was depressed, stressed and ashamed.

That was then!

Carrie-Ann is now living a life of freedom. She has worked on herself, her mindset and her finances.

When you go through such a journey, the light at the end of the tunnel looks so far away. But, when you take accountability, refuse to give up and develop some empowering new skills, you do come out the other side!

Carrie-Ann wanted to write Budget Right as a guide to help others who are struggling with debt and misguided money mindsets.

There are so many books on budgeting and money, however, in Budget Right, Carrie-Ann delves deep, and not only share the tools, processes and knowledge she learned in her journey about budgeting, but also how to identify spending habits, triggers and mindsets. It's a holistic approach to financial freedom.



Available for Media Interviews

Carrie-Ann McLean is available for interviews to discuss:

- Her personal story of overcoming debt
- Practical budgeting tips and debt management strategies
- The connection between financial health and mental wellbeing

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