



The Psychology of Money

by Morgan Housel · 2020 · 256 pages

In one line: Doing well with money is about behaviour, not intelligence: luck, enough, time, and freedom.

Is it worth your time? Yes, if you earn decent money and still feel anxious or behind. Skip it if you want step-by-step investing instructions.

Try this week: five things to do

- 1 Write one sentence that defines "enough" for your family. Keep it in your phone notes.
- 2 Set up an automatic transfer on payday, even ₹500, into an account you do not see.
- 3 List the last three money choices you judged someone for. Then write what they might have lived through.
- 4 Keep an emergency fund target of three months of expenses; build it before any investing.
- 5 Choose one boring index fund and stop checking it more than once a quarter.

Tick each one off. When you miss a day, do the two-minute version the next day. Never miss twice.