CPA

Practice **Advisor**

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1. Ease off the budgeting

The Logic: Money (or its lack) is the nation's most common source of stress, reports the American Psychological Association. Making a detailed budget — a widely advised fix — only makes things worse, says Cleveland financial planner Kenneth Robinson, based on a decade of work with clients; the problem is that people hate to think about where they'll need to cut back.

Read the rest of this CNN Money article to find out the other two ways to cut the financial stress.

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