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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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