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activities Your car Shelter Fashion clothing and accessories Offline and online buying Fun and recreation Your health and fitness Other frugal ways The warm and cold of it The warm The cold Conclusion Author Bio Publisher Introduction Living frugally comes naturally to some For others it is a task that has been thought through each and every day Every person has a different reason for wanting to change his or her lifestyle Some want to save more money while others have had a financial crisis and a few just want to challenge their selves Throughout this book we will cover what it means to be frugal as well as some ways to help you along your journey The definition of frugal says a person who is economical or thrifty and implies that a frugal person is extra careful of their use of everyday resources We will discuss this more in the coming chapters so get ready to transform your lifestyle

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