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Y réfléchir nous offre un éclairage sur nous-même et peut constituer une véritable « thérapie ». Valérie Halfon nous invite à nous interroger afin de :prendre conscience de nos besoins réels et de nos dysfonctionnements ;consommer autrement et assainir nos finances ;nous recentrer sur l'essentiel et gagner en liberté.Loin d'une méthode privative classique, son approche inédite, créative et structurante - illustrée par de nombreux exemples tirés de son expérience de coach - permet à chacun de reprendre le contrôle de sa vie et d'aller jusqu'au bout de ses désirs. Elle s'adresse aux novices comme aux connaisseurs qui y découvriront les bénéfiques matériels et spirituels d'une gestion éclairée du budget.

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