



David Chilton taught us to “pay ourselves first”. Robert Abboud wants us to reach our life goals. These goals can be achieved through his system called Life Goals Planning.

In Abboud’s book, *No Regrets, A Common Sense Guide to Achieving and Affording Your Life Goals*, (Book Coach Press, October, 2006) he deals with the reality of our common problem—debt and cash flow are out of control and we have lost sight of what should be important to us, our Life Goals. *No Regrets* makes us stop and think about what money should do for us, not what we should do for money.

No Regrets is not another book on how to rate your mutual fund or how to get the best investment return. It is about creating solutions. Simply put, it will help people control their cash flow and help them create life goals, build a plan towards achieving them. It will also show you what to look for in a Personal Finance Coach who can put you on the right path.

This book will make readers change the way they think about money, life goals and financial planning and give them a new start on the right path to financial fitness. Robert’s motto is *Enjoy life now, dream big, but plan for your future*. He truly believes that financial planning does not have to be painful! It can actually help you to create life goals you never thought affordable or possible.

David Cork, author of *The Pig and The Python* summarizes Abboud’s approach succinctly: ***“No Regrets is a common sense guide that shows readers, step-by-step, how to determine what money means to them, how to set goals and how to manage money wisely in order to achieve them.”***

Whether you're overwhelmed with debt, can't control your cash flow, feel that you are not getting great financial advice or feel that you are never achieving all those goals you set out to achieve, *No Regrets* is the solution that will show you the way. Robert Abboud wishes you “no regrets” in life.