

**Q & A for author Kristen Eckstein,
*Financial Survival: Practical Ways to Save Money***

The author is available for Radio, magazine and newspaper interviews, TV appearances and speaking engagements. Her passion is taking people step-by-step how to set up their budget and giving them strategies to live within the budget they create.

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1. Why should someone try to live within a budget?
2. How does one set up a budget?
3. What is the biggest lifestyle change required to save money and get out of debt?
4. What's the problem with credit cards?
5. What are some resources for getting needed items such as clothing and furniture inexpensively or even free?
6. When is a good time to ask family for things we need?
7. What is the benefit of hosting an independent-based business party, such as PartyLite or Pampered Chef?
8. How do I keep the cost down on hobbies?
9. Why did Kristen Eckstein write this book and what qualifies her to write it?
10. Where can I get a copy?