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El libro que
cambiará tu forma
de ahorrar para
siempre ¿Necesitas

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Ahorrar? ¿estás siempre en números rojos? ¿no sabes cómo empezar a ahorrar? Con el método de ahorro japonés Kakebo conseguirás ahorrar fácilmente. Este método cuenta con más de un siglo de historia desde que la

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Kakebo Ahorrar

periodista Motoko
Hani publicó su
primer Kakebo y a
partir de ese
momento miles de
personas en todo el
mundo han logrado
ahorrar utilizando
este método. El
secreto de Kakebo
implica, como en
múltiples aspectos
de la vida
japonesa, disciplina

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y sencillez. En este libro a color encontrarás una descripción del método Kakebo, una plantilla para que puedas comenzar a utilizarlo y consejos para mejorar tus finanzas personales. Además, podrás descargar la

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plantilla para
disponer de
Kakebo durante
todo el tiempo que
desees. Este libro
incluye los 3
primeros meses
para que adquieras
el hábito y puedas
comprobar su
efectividad. De
esta forma su
precio es accesible
y cuando necesites

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Kakebo Ahorrar
avanzar en tu
experiencia Kakebo
podrás descargar
la plantilla y
utilizarla para
siempre. Si tu
objetivo es ahorrar
y optimizar tus
ingresos, ¡éste es
tu libro!

Are you really
aware of what you
spend? Do you

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know how to value things beyond their price? For the answer to these questions and more, look no further than Kakebo- the budgeting journal used by millions every day in Japan to manage their household spending. The

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Japanese believe that tidiness in one's finances is as important as tidiness in one's house - indeed for them, the act of thinking mindfully about where one's money goes is in itself a recipe for calm and wellbeing. Keeping a Kakebo is easy.

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At the start of each month simply decide how much you want to save and what you need to do to achieve your goal. Then note down your weekly spending and at the end of the month see how it all tallies up. There are slots for you to personalise

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your Kakebo
according to your
own spending
routine, and space
to reflect and make
changes as you go
along. Start today -
and discover the
life-changing magic
of Kakebo...

El libro que
cambiará tu forma
de ahorrar para

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siempre ¿Necesitas
ahorrar? ¿estás
siempre en
números rojos? ¿no
sabes cómo
empezar a ahorrar?
Con el método de
ahorro japonés
Kakebo
conseguirás
ahorrar fácilmente.
Este método
cuenta con más de
un siglo de historia

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desde que la periodista Motoko Hani publicó su primer Kakebo y a partir de ese momento miles de personas en todo el mundo han logrado ahorrar utilizando este método. El secreto de Kakebo implica, como en múltiples aspectos de la vida

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japonesa, disciplina y sencillez. En este libro encontrarás una descripción del método Kakebo, una plantilla para que puedas comenzar a utilizarlo y consejos para mejorar tus finanzas personales. Además, podrás descargar la

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plantilla para
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incluye los 3
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para que adquieras
el hábito y puedas
comprobar su
efectividad. De
esta forma su
precio es accesible
y cuando necesites

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avanzar en tu experiencia Kakebo podrás descargar la plantilla y utilizarla para siempre. Esta es la versión en blanco y negro del libro "Cómo ahorrar con el método japonés KAKEBO" más económica pero igual de efectiva. Si tu objetivo es

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Ahorrar y optimizar tus ingresos, ¡éste es tu libro!

Este libro de gestión contable de moda japonesa, te permitirá evaluar tus gastos rigurosamente para ahorrar durante un periodo de 12 meses gracias al método KAKEBO.

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¡Adiós al consumo
excesivo! ☐☐

¡Comienza a
utilizar este
método en
cualquier momento
del año! ☐☐

Características ☐☐ *
8 páginas para
gestionar cada uno
de los meses *

Calcula tu
presupuesto y
márcate objetivos *

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Elabora tu presupuesto semanal y inventaría tus gastos semana a semana * Una página doble para hacer el balance de los 12 meses utilizando el KAKEBO para apreciar los resultados del año

* Guía de usuario

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Incluido al principio
del libro * 103
páginas - papel
blanco 90 g *
Formato 15,2x22,9
cm

Control your
spending, save
money, regain
peace of mind, and
make your life
happier and
healthier with

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Kakebo—the traditional Japanese method of money management that is still widely used today. Having enough money to live is one of the most important factors affecting our health. Trying to balance expenses—utility

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bills, housing, healthcare, food, and for many, the costs of raising children (not to mention paying for college!)—leaves us worried and stressed. But there is a solution: Kakebo, a practical, proven method that helps you keep track of every

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penny, manage
spending, and save
up to thirty percent
more! With this
invaluable guide
you'll interact with
your spending
every day for two
years, and learn
how to manage
your personal
budget. Designed
like a diary, it
allows you to

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record all your
daily expenses
week by week so
you can see
exactly where your
money goes. Each
day is divided into
four categories: 1.
primary
needs—food,
personal hygiene,
children; 2.
optional
needs—shopping,

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cosmetics, gifts, 3.
culture and free
time—restaurants,
books,
entertainment; and
4.
extras/foreseeable
expenses—such as
travel, repairs,
tuition, and taxes.
Kakebo begins with
setting a monthly
budget. At the
beginning of each

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month, enter your fixed incoming funds and outgoing expenses, and set a savings target. Then, each day, record your various expenses. By keeping close tabs on what you're spending, you'll be able to identify the waste and see the most significant

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areas where adjustments can be made. Kakebo also offers practical and motivating tips that teach you how to save more successfully.

Kakebo isn't just about money—it helps to develop self-awareness, self-discipline, and self-esteem, and

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promotes peace of mind. Best of all, you can begin any time of year—individually marking the months and days without wasting any pages. Plus, its simple yet inviting for-color graphics help you break down each expense and easily

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identify see where
adjustments need
to be made.

DISCOVER THE
JAPANESE SECRET
TO FINANCIAL
WELL-BEING: The
Kakeibo is a
wonderful tool for
anyone who wants
to make keeping
track of their
spending more

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streamlined People
in Japan are
masters of minimal
living, able to make
do with less in all
aspects of life,
whether it's de-
cluttering personal
belongings or
savvy seasonal
cooking. At the
heart of all this is
the kakeibo: the
budgeting journal

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used to set savings goals and track spending. The premise is simple: at the beginning of each month, the prompts in this book help you to plan how much you would like to save and what you need to do in order to reach your goal. The kakeibo then

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gives you space to jot down your weekly spending and reflect on the month just gone. The act of completing your journal ensures that saving is a part of your everyday life, while also giving you the opportunity to reflect and improve

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In this bawdy,
raucous, and
unabashedly frank
novel, youth is
certainly not
wasted on the
young Hailed as
"one of the most
hilarious and well-
observed accounts
of teenage
debauchery you

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are ever likely to read" by the trendsetting British lifestyle magazine Dazed & Confused, Ben Brooks's *Grow Up* is a shocking, stylish, and very modern coming-of-age story. As Jasper J. Wolf careens through high school, his list of to-dos includes:

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get high with friends, seduce the hottest girl in school, and, last but not least, expose his stepfather as a murderer. But as growing up soon teaches him, what he wants and what he gets are often wildly different—and

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Get your goth on with 60+ recipes from Beetle House restaurant, where “every day is Halloween” and guests indulge in a deadly delicious menu inspired by the works of Tim Burton and all

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things dark and lovely. If you delight in ghoulish frights and movies like *The Nightmare Before Christmas*, *Beetlejuice*, and *The Evil Dead*; then you'll love the official cookbook of Beetle House, the Halloween-inspired restaurant with locations in New

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York and Los Angeles. The
Nightmare Before
Dinner features
more than 60
gothically delicious
recipes from chef-
owner Zach Neil.
Indulge in the
Edward Burger
Hands, a juicy
burger with a
Sriracha cream
sauce, stuffed with

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smoked bacon, fried egg, pepper jack cheese, and avocado. You'll also learn to make an array of spooky craft cocktails, from the Coco Skellington to the Beetle's Juice. Plus if you're vegan or vegetarian, The Nightmare Before Dinner has your

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spooky side
covered, too—it
offers a vegan
alternative or
ingredient swap for
each and every
recipe in the book!
Throw your own
goth-themed party!
A bonus section
provides inspiration
for table settings,
decorations, and
foods to serve at

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your holiday or
screening party.

This is the perfect
cookbook for the
Tim Burton movie
buff, Halloween
enthusiast, or goth
in your life.

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Calcula tu
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Elabora tu
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gastos semana a
semana * Una
página doble para
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los 12 meses
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KAKEBO para
apreciar los
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Twinkle, Little Star
Variations (Shinichi
Suzuki) * Lightly
Row (German Folk
Song) * The
Honeybee
(Bohemian Folk
Song) * Cuckoo
(German Folk
Song) * Lightly Row

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(German Folk
Song) * French
Children's Song
(French Folk Song)
* London Bridge
(English Folk Song)
* Mary Had a Little
Lamb (American
Nursery Song) * Go
Tell Aunt Rhody
(Folk Song) * Au
Clair de la Lune (J.
B. Lully) * Long,
Long Ago (T. H.

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Bayly) * Little

Playmates (F. X.

Chwatal) * Chant

Arabe

(Anonymous) *

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Czerny) * Goodbye

to Winter (Folk

Song) * Allegretto 2

(C. Czerny) *

Christmas-Day

Secrets (T. Dutton)

* Allegro (Shinichi

Suzuki) * Musette

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