

meQuilibrium is proud to announce the launch of new content addressing Financial Wellbeing—available September 2016.

meQuilibrium's new Financial Wellbeing Track, developed with financial expert Brent Kessel, author of "It's Not About the Money" is presented as a 30-day comprehensive track and covers three topics designed to improve an individual's relationship with money. The new skills guide users to an improved financial outlook by focusing on deeply-held beliefs and ingrained thinking patterns connected to money that can have as much of an impact on financial wellbeing as external financial circumstances. Through a series of videos, podcasts and exercises, users will:

- **Understand their money mindset** – Whether a spender or saver, each individual will understand their relationship with, and feelings about, money that drive spending behaviors and financial wellbeing.
- **Learn to counter the 'wanting mind'** – Regardless of circumstance, many people falsely align happiness with getting more "stuff," which leads to unhealthy financial behaviors. Users will learn to uncover their personal financial values and reduce the power of the wanting mind.
- **Navigate around financial icebergs** – Everyone has deeply-held beliefs around money that drive financial decisions and often result in stress. Users will not only uncover their own iceberg beliefs, but learn easy techniques to re-frame their thinking.

The Financial Wellbeing track is included as a part of the core meQuilibrium program and will be available by the end of September 2016. Check it out at www.mymeq.com/Wellesley.