

CONTENTS

DEDICATIONS	VI
CONTENTS.....	VII
INTRODUCTION.....	1
CHAPTER 1	4
Identify Your Debt	5
Introduction to debt.....	5
If you can measure it you can control it.....	6
CHAPTER 2	10
Isolate and Transfer	11
Offsetting higher rate debt with lower rate debt	11
Use savings to clear debt	14
Call on your debtors.....	14
Transfer debt to low introductory rate credit cards.....	15
Equity Release Loan	16
Getting the loan.....	17
The application form and survey	18
After the loan is given.....	19
Other potential lenders.....	19
CHAPTER 3	22
Downgrading Your Home.....	23
Selling your home.....	24
Before viewings	25
Selling part of your home	25
Selling home to rent.....	26
Surveying and researching new home	26
Downgrading rental property.....	26
Changing location.....	28

How To Destroy Your Debts

CHAPTER 4 30

Money Management in the Home 31

Delayed gratification.....	31
Selling your possessions to reduce your debt.....	31
Household shopping.....	33
Hoarding.....	33
Expensive brands	34
Buy in bulk and make fewer trips	35
Coupons, vouchers and special offers	36
Resist tempting foods.....	37
Junk foods	37
Cigarette and Alcohol abuse	38
Blind Shopping: shopping without a list.....	38
Quick fixes.....	41
Packing lunch.....	42
Do less around the house	42
Do more around the house	43
Children's pocket money	43
Going out	43
The costs of beauty	44
Transport to work.....	44
Utilities.....	45
Buying a computer.....	46
Conserve	46
Repair.....	46
Charity Shop	46
Exchange services.....	46
Gym-less exercise	47
Reducing your vehicle costs	47
Downgrading your vehicle for cash	47
The replacement vehicle.....	48
Reducing your vehicle running costs	48
Fuel costs.....	49
Maintenance costs	49
Insurance	50
Road tax.....	51
MOT.....	51

CHAPTER 5 52

Adding extra income..... 53

Doing overtime	53
Changing jobs	55

Internal Work	55
Positional and departmental job changes	55
External employment	57
Partner working	59
Take part-time work	60
Freelance your skills	61
How to become a consultant/contractor	62
Start a business	63
Home-based business	64
Network marketing business	64
Negatives to look out for	65
Positives to look out for	66
Seeking and applying for grants	66
Private grants	67
Government grants	68
Accident claims	68
Lodgers and Tenants	69
Choosing a lodger or tenant	69
Avoiding legal squatters	70
CHAPTER 6	72
Mortgage repayment techniques	73
Repayment mortgage versus non-repayment mortgage	73
The current account mortgage	73
Why convert to a current account mortgage?	74
Managing your current account mortgage	75
Outgoings and bill payments	75
Discipline	76
Multiple monthly mortgage repayments	76
Eliminating your mortgage with speed	78
Using credit card balance transfers	82
CHAPTER 7	84
Handling finance firms and avoiding insolvency	85
What to ask	86
Temporarily suspend payment	86
Reduce monthly payment	86
Take on more or all of your debt	86
Two methods to use when asking	86
Informal Arrangements or "Family Arrangement"	87
Individual Voluntary Arrangements	87

How To Destroy Your Debts

Debt Consolidation Agencies.....	88
The Loans method.....	88
Cons of Finance company debt consolidation	88
Pros of Finance company debt consolidation	89
Bill-payment method.....	89
Other options for debt consolidation.....	89
Credit counselling	89
The pros of Credit Counselling Services.....	90
The cons of Credit Counselling Services.....	90
CHAPTER 8	92
Bankruptcy – the last resort	93
What is bankruptcy?	93
The process	93
How does it happen?.....	93
How you can cause a criminal offence as a bankrupt	94
Restrictions	96
The end of bankruptcy	97
Repeating bankruptcy	98
Alternatives to bankruptcy	98
Administration Orders.....	98
CHAPTER 9	100
Maintaining your determination and enthusiasm.....	101
Self-talk and visualisation.....	101
PMA.....	102
CONCLUSION	103
Summary and Arsenal of Strategies.....	103
BIBLIOGRAPHY	107
APPENDICES.....	109
APPENDIX 1	110
Network Marketing Companies	110

Contents

APPENDIX 2 116
Government benefits, services and grants..... 116

APPENDIX 3 152
Shopping List Example 152

NOTES 153

OTHER WORKS BY SAMUEL BLANKSON 155

ABOUT THE AUTHOR..... 174