

# *lisa* CHASTAIN

STOP BUDGETING



VOICEAMERICA

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THE OPRAH  
MAGAZINE

Entrepreneur

LEADING  
WOMEN IN  
BUSINESS



FORTUNE

Bloomberg  
Businessweek



[lisachastain.com](http://lisachastain.com)

## About

A renowned expert in personal finance, Lisa Chastain is dedicated to empowering passionate and successful women to overcome the shame and guilt surrounding their finances. Lisa has built her entire career supporting individuals to rewire their money mindset and adopt a strategic framework to focus on healthy spending rather than restrictive budgeting. Lisa's approach to financial freedom empowers women to shed the burden of financial shame, unlock their potential and create a life filled with financial security and freedom to live in the moment.

Lisa's Stop Budgeting system provides a transformative journey regardless of where individuals are currently or where they aspire to be financially. Through her guidance, clients gain peace of mind as their savings grow and bills are paid - while still having the flexibility to indulge guilt-free and enjoy life. Lisa's expertise and support enables women to build wealth and develop a newfound confidence in managing their financial resources.



## Stats

**20,000**  
FOLLOWERS ON  
SOCIAL

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**6,000+**  
EMAIL LIST

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**20,000**  
PODCAST  
LISTENERS

Lisa CHASTAIN

## Testimonials

“Two years ago, my husband and I were in debt and honestly, I just felt like I was barely treading water. It seemed like no matter how much money we made we were always in the same boat. Broke & in debt. I was tired of wasting so much time and energy on being stressed and worried about money. I decided something had to change and the Universe immediately sent me Lisa! ...Not only has she helped us with our money and our finances but she's completely changed my life....She helped me find clarity around my purpose, my dreams, and what I want my life to look like. I am forever grateful she came into my life!”

– Andrea

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“Real talk for real people. Lisa not only gives great advice, she speaks from experience, a desire to help others and a passion for understanding money and your beliefs about it. Finally a book about money that is truly relatable to everyone, especially if finance is not in your natural wheel-house. Thank you Lisa for getting real.

-RJ

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“Wow! Lisa does an incredible job of getting through to what you really need to hear, helping you to figure out what you want and how it affects your relationship with money. Direct, no nonsense, real world advice and exercises that may make you cry but will move you forward.

-Ginny

For more information, send an email to  
[lisa@lisachastain.com](mailto:lisa@lisachastain.com)