

# Dr. Darla Bishop Releases Groundbreaking Financial Literacy Book "How to Afford Everything"

*Readers can discover the steps to transform their relationship with money and achieve financial wellness.*

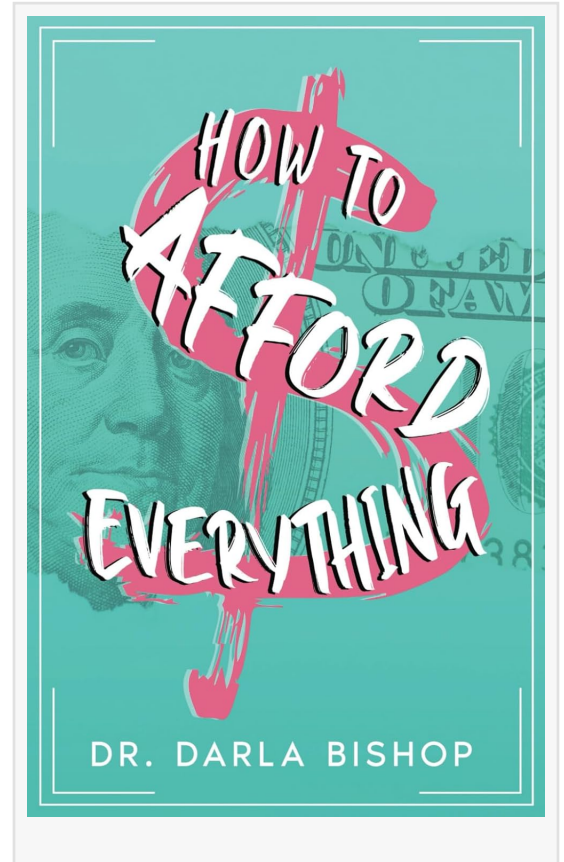
NEW YORK, UNITED STATES, December 24, 2023 /EINPresswire.com/ -- Renowned financial wellness coach and public health expert Dr. Darla Bishop is proud to announce the release of her transformative financial literacy book, "[How to Afford Everything](#)." This work is a testament to Dr. Bishop's personal journey and professional expertise, offering readers a unique system to revolutionize their financial lives.

In "How to Afford Everything," Bishop shares a practical and accessible approach to financial wellness, broken down into achievable steps and exercises.

Speaking to the media, Dr. Darla Bishop said, "This book is based on a system that has guided her successful financial coaching – a path of knowing your magic number, understanding your true financial situation, making a plan for your goals, following it diligently, reviewing and adjusting as needed, and repeating the process for sustained success."

Dr. Bishop, motivated by her own transformative journey from a challenging childhood in Detroit to becoming a respected health policy professor and financial wellness coach, wrote this book to empower others. She aims to share the lessons that dramatically changed her life and the lives of her clients – mostly friends and family – who have found peace and achieved milestones through her guidance.

The inspiration for "How to Afford Everything" stems from Dr. Bishop's eye-opening experiences during her time at the University of Michigan. Her exposure to different financial beliefs and habits and the realization of the power of knowledge in managing money led her to avidly read and learn about financial management, eventually developing the system she now shares with



others.

Darla, hailing from Detroit, Michigan, is a Professor of Health Policy at George Washington University, a director at AmeriHealth Caritas DC, and manages a portfolio of family-owned rental properties. Her diverse professional background, including her role as a proud military spouse and mother, enriches her insights into financial literacy.

"How to Afford Everything" is more than just a book; it's a journey to financial freedom. It is available now at major bookstores and online retailers.

For more information, please contact Dr. Darla Bishop at [info@darlabishop.com](mailto:info@darlabishop.com).

Get "How To Afford Everything" on Amazon: <https://www.amazon.com/dp/B0CQDCLJ17>.

About Dr. Darla Bishop:

Dr. Darla Bishop, DrPH, MPH, is a distinguished figure in public health research and policy. With her extensive experience in healthcare and her passion for financial literacy, she is committed to empowering individuals to take control of their financial health for a better, more secure future.

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