



*Financial Fads, Diets, and Short-Term Efforts:  
Do They Really Help?*

March 25, 2015

**Resources**

- **Montana Saves**  
Sign up for reminders to help you achieve your savings goals.  
[www.montanasaves.org](http://www.montanasaves.org)
- **54 Ways to Save Money**  
[www.americasaves.org/for-savers/make-a-plan-how-to-save-money/54-ways-to-save-money](http://www.americasaves.org/for-savers/make-a-plan-how-to-save-money/54-ways-to-save-money)
- **Saving at Tax Time**  
[www.americasaves.org/for-savers/make-a-plan-how-to-save-money/saving-at-tax-time](http://www.americasaves.org/for-savers/make-a-plan-how-to-save-money/saving-at-tax-time)
- **Money Smart Week Resources**  
Tips on creating a budget and how to avoid budget failures  
[www.moneysmartweek.org/resources](http://www.moneysmartweek.org/resources)
- **Small Steps to Health and Wealth**  
<http://njaes.rutgers.edu/sshw>