

## Win £1000!

### Need a final push to look at your financial position this year?

Scottish Widows are giving away £1000 to one lucky MH reader - go to [www.menshealth.co.uk/scottishwidows](http://www.menshealth.co.uk/scottishwidows) for more details.

# How to get into great financial shape

What are your plans for 2007? Trim your waist maybe? What about bulking up your wallet? Well, thanks to a handy new guide about all things money related, you can get yourself in great financial shape for now and years to come

### Making fashion statements

Whether you need to get to grips with your pension, would like to invest wisely in ethical companies, or you just want to sound like you know a thing or two about making money over the next twelve months, *Your Little Book Of Money 2007* is, well, just your thing.

Scottish Widows has produced this jargon-free guide so you can keep track of changing fads in the world of finance. By seeking top tips and predictions from leading independent experts, *Your Little Book Of Money 2007* provides an insight into up-and-coming money spinners. It also steers you through monetary minefields like pensions, property, shares and good old-fashioned savings.

### Free guide to your finances

Your *Little Book of Money 2007* is a handy guide to everyday financial decisions for 2007 and beyond. It features independent advice from experts including UK entrepreneur Duncan Bannatyne and David Smith, chief executive at Global Futures and Foresight. To order your free copy log onto [www.scottishwidows.co.uk/littlebook](http://www.scottishwidows.co.uk/littlebook)



### Hot money-makers for 2007

Like everything else in life, finance has its fashions too. *Your Little Book Of Money 2007* highlights what's hot for this year and beyond. Learn how to reap the rewards of investing in the latest conscience-driven businesses. In a bid to make your investments greener, experts show you how to divert your money away from unfashionable, exploitative or environmentally damaging firms towards an ever increasing number of ethically sound investments.

*Your Little Book Of Money 2007* also provides up-to-the-minute insight into today's key financial issues. It features tips on **investing in property** or a pension for the years ahead, as well as information on funding your children's ambitions too. And **mortgage relief** – find out how to pay off that largest of loans a whole lot faster.

**Two heads are better than one:** here let the experts tell you what to look for when choosing professional financial help that's right for you.

There are also tips on **boosting your savings**, buying a **second home** or property overseas, plus there's some sound advice on **writing a will** that'll ensure your loved ones benefit – not the taxman! Along with straight-talking strategies for your retirement, *Your Little Book Of Money 2007* also includes a section devoted to useful contacts in the world of wealth.

And fellas, you're going to need it. According to one survey, a staggering 40% of women are relying on their partner's income, pension and savings for their own financial security in the future. Thankfully, *Your Little Book Of Money 2007* means that you can get your finances in shape by summertime.