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It has been a general phenomenon that luxuries are almost essential for maintaining a healthy lifestyle. However that could be a secondary matter to others, since they may not like to dine out frequently or splurge money on some unnecessary luxury goods. So, arenâ€™t they maintaining a lifestyle? Of course, yes. They are maintaining in their own way. Surprisingly that may be liked or favored by many and they may gradually have a steady stream of followers. For, instance you got a great hike in your pay packet and suddenly decided to go for a new hatchback. However, you lacked the confidence that within a few daysâ€™ time your company could face a lockout.

Then, what you will do with that car? But as earlier if you go cycling to work and make up the rest of your raised pay packet as savings, then it would certainly be a wise decision. It would not flaunt your lifestyles and make you a laughing stock to others. Since we are living in turbulent economic times and almost anything can happen like a blunt out of blue. Time is not in favor of flaunting your lifestyle but to maintain it on a consistent basis.

We all should lead a healthy life with the age old saying of high thinking. Splurging money with over confidence then going deep down in debt is not at all a wise decision. Maintaining steady and healthy lifestyles should be formula followed by all. You can easily enjoy your sip of beer; there is hardly any need of going for champagne, except for any special occasion. If you think by taking a daily limo ride to work will bring in some extra bit of fear and confidence among your co-workers, then you are sure to be bullying yourself. You will just flush out your hard earned savings.

Is there any need to always flaunt your Credit card and also talk of it in front of others, it is not al a wise decision. I have a friend of mine who have all the luxuries at home but he hardly flaunts anything and you will be surprised how nicely he is maintaining his lifestyles. He has the confidence in himself and above all unstinted support from his better half and they are enjoying their life at every moment. Healthy and simple living is the modern buzzword of lifestyles and many are following it with renewed confidence after coming across similar personalities around them.

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