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Wealth Management Services

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Financial Sobriety: Rebuilding Your Relationship with Money One Step at a Time Now Available Exclusively on Amazon

How the Rise and Fall of a Wall Street Rockstar Led to the True Meaning of Wealth

LAFAYETTE, Calif., January 21, 2020—What caused a Wall Street rockstar making a high six-figure salary to hit rock bottom and become so financially destitute that he contemplated suicide? And, how did he put himself on the road to recovery? *Financial Sobriety: Rebuilding Your Relationship with Money One Step at a Time*, authored by Relationship Coach and Wealth Advisor Matthew David Grishman, is now available exclusively on Amazon. In his book, Grishman bares it all: his highs and his lows, how he rose to the top of his profession, hit rock bottom, worked his way back to personal triumph, and the valuable lessons he learned along the way. For anyone who's ever struggled with their finances, self-worth, relationships with others, and the interplay of the three, Grishman's story offers a path toward personal and financial recovery and healing. *Financial Sobriety* (ISBN: 97817110555196) releases today, January 21, 2020, and retails for \$18.95 U.S. More information is available on www.YourFinancialSobriety.com. #financialsobriety

"I didn't want to keep up with the Joneses; I want to be Mr. Jones," said Grishman. "But I had reached rock bottom with untreated spendaholic, foodaholic, and alcoholic behaviors. I was completely broke—and broken—lacking a single dollar of purchasing power, with the love of my life and my two little boys depending on me. I had to completely surrender to learn the true meaning of wealth. I had to forgive myself for the past and learn how to place a much greater value on my relationships and experiences than I did the things in my possession. Today, I am sober; financially and in all other ways. I now have healthy relationships with the three that mean the most: with myself, with my people, and with my money."

Financial Sobriety takes readers on a journey of self-discovery that put Grishman on the road to authenticity and to a new meaning of wealth. By removing his mask and sharing unpleasant details as well as difficult lessons learned, Grishman teaches his audience how to understand and change behaviors around money and provides useful tips to help readers get their financial house in order.

"Matthew's story of hitting rock bottom to find the true meaning of wealth is inspiring. *Financial Sobriety* has the potential to help millions of people." Bo Eason, former NFL player, acclaimed Broadway Playwright/Performer, Leadership Trainer, Story Coach, and Best Selling Author.

A portion of the proceeds from *Financial Sobriety* will be donated to BUILD.org, a national nonprofit that teaches entrepreneurship to high school students and equips them to launch real businesses as they chart a path to college and career success.

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Grishman is on a mission to be the most disruptive money influencer of our time. Grishman's story challenges conventional money beliefs and equips readers with critical, easy-to-understand, financial knowledge to get people on the right path—whether they are just getting started or, like Grishman, are looking for the discipline to rebuild it all over again. In addition to the book launch, Grishman and his business partner, James Gebhardt, president of [Gebhardt Group, Inc.](#), will launch a curriculum based on the principles of Financial Sobriety. The curriculum will be launched throughout 2020 and offered in multiple formats, starting with a podcast series on January 21, 2020, and leading to Facebook Live Events (Feb. 2020), webinars (May 2020), and live training events (Oct. 2020). Their goal is to help millions of people become more intentional with their money.

In an interview, Matthew can discuss:

- His personal journey of financial triumph, devastation, and recovery
- How human connection is the single greatest factor for creating true wealth
- The single greatest threat to your financial security and your ability to create true wealth
- And more!

To schedule an interview with Matthew Grishman and/or for review copies, please contact Dana Young at pr@yourfinancialsobriety.com or at 415-378-7998.

About Matthew David Grishman

Matthew David Grishman is an author, dynamic speaker, relationship coach, wealth management advisor, and co-owner of Gebhardt Group, Inc. Financially sober for 15 years, Matthew's passion is personal and financial coaching. He works with others to reach beyond their limits to live a full, authentic, meaningful life with healthy relationships with self, family, and finances. You can follow Grishman on LinkedIn [@matthewgrishmanfinancialsobriety](#), on Facebook [@matthew.grishman.1](#), on Twitter [@MatthewGrishman](#), on Instagram [@matthewgrishman](#) and online at www.gebhardtgroupinc.com. [#financialsobriety](#)

About Gebhardt Group, Inc.

Gebhardt Group, Inc. is an independently owned and operated wealth management firm helping individuals and families navigate major life transitions. Our financial planning process and the investment and insurance strategies we recommend are all custom fit to meet the needs of each individual client. Gebhardt Group offices are located in the San Francisco Bay Area and Sacramento area. For more information, visit: <http://www.gebhardtgroupinc.com>

About BUILD

Businesses United in Investing in Lending and Development (BUILD) was founded in 1999. BUILD's mission is to use entrepreneurship to ignite the potential of youth from under-resourced communities and propel them to high school, college, and career success. By empowering students to develop and run their own small businesses, BUILD supplements traditional classroom instruction with real-world business experiences and critical skill-building for the future. Over the past 20 years, BUILD has equipped more than 10,000 high school students to develop the entrepreneurial skills and mindset to launch real businesses. In addition, BUILD has trained and matched more than 2,000 volunteer adult mentors from partner employers to support our students each week at mentor sessions in their schools and neighborhoods. Interested in bringing the BUILD program to your community? Visit BUILD.org to learn more.

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