

# The Frugal Duchess

Step inside the world of The Frugal Duchess as she shares her story of living a thrifty-but-luxurious life in South Beach -- without the stress of high costs or deprivation

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THE FRUGAL DUCHESS by Sharon Harvey Rosenberg

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The Frugal Duchess

How to Live Well and Save Money

By Sharon Harvey Rosenberg

Being frugal doesn't mean you have to live like a pauper—and with an uncertain economy and the rising cost of everyday living, consumers are hungry to learn how to save money without feeling deprived. In her first book, *The Frugal Duchess: How to Live Well and Save Money*, award-winning journalist, blogger and columnist Sharon Harvey Rosenberg shares the inside scoop on luxury living for less.

From her apartment home in South Beach, Miami, Rosenberg has learned the art of frugality as she and her husband raise three kids and save for their dream house in one of the most expensive cities in the U.S. She has been sharing her

savings secrets and adventures with readers in her weekly Frugal Duchess column in the Miami Herald and became inspired to share her unique tips and tricks with consumers around the country.

Whether she is stocking up on school supplies, looking for the cheapest pedicure in town or shopping for inexpensive groceries, Rosenberg's consumer savvy, creativity, and humor help her keep costs down without taking a cut in her lifestyle, too. In *The Frugal Duchess* she teaches consumers to save on all aspects of everyday living, including food, transportation, family entertainment, vacations, weddings, clothes shopping and more.

"Many—albeit clearly not all—of the wealthy are well-schooled in the art of luxury living for less," says Rosenberg. "My life in the palm tree shade of wealth and privilege has taught me to buy designer clothes at thrift store prices, purchase organic produce through a discount food co-op and vacation at top-ranked resorts at budget-motel prices."

When she isn't hunting for the latest deals on her own, Rosenberg is learning from the frugal examples and expert advice of others. Her frugal childhood in Philadelphia and her own spendthrift mishaps as a young professional in Pittsburgh and New York City have prepared her to spend and save without sacrificing the everyday joys of a comfortable lifestyle. Throughout her book she pulls from thrifty lessons on how to manage money from the examples of her hard-working parents, money-savvy relatives and even a frugal boss.

Rosenberg's journalistic background also lends a hand in her quest to save big while living well. She interviews and profiles dozens of frugal experts around the country—from consignment shop owners to fashion experts to seasoned bargain shoppers—who offer her a wealth of insider's advice on how to save even more.

"Hotel furniture and fixture sales are an affordable way to decorate a home or office with sofas, tables and other items," offers Rosenberg as she discusses home decorating. "From chunky '50s-style couches to funky lamps, hotel redecorating sales offer a range of unusual merchandise at a great price. Several years ago we purchased dressers, lights and television sets for less than \$25 each at a hotel in South Beach."

Even celebrities have taught her a thing or two about the surprisingly frugal habits of the very wealthy. Whether it's Adam Sandler buying economy-sized groceries, or Ben Affleck and Jennifer Garner opting for the park over other expensive entertainment alternatives for their daughter, Rosenberg has come across a number of stories on celebrities saving money as a freelance writer for *People* magazine.

Rosenberg's wealth of money-saving tips, hilarious anecdotes, and lighthearted conversational tone elevates frugality from a chore to an art—one that can be perfected even in the most expensive locales in the US.

## ABOUT THE AUTHOR

Sharon Harvey Rosenberg is a write-at-home mom with three kids, one husband, one dog and five blogs. An award-winning journalist, she writes the Frugal Duchess column that appears weekly in the Miami Herald and regularly in newspapers across the country. She also writes the daily "Frugal Duchess" blog ([www.frugalduchess.com](http://www.frugalduchess.com)), which is one of the top-ranked frugal-living, personal finance blogs, according to Technorati.com and other Internet-based ranking systems.

Sharon's work appears in *Money Magazine* and she also writes a monthly column for *Florida Trend* magazine. Her work has appeared in *Institutional Investor* magazine, a New York-based publication, *People* magazine, *The South Florida Business Journal*, *The Daily Business Review* and *The National Law Review* and other publications. Sharon has appeared on *Oprah* and has been profiled in other national television interview shows.

For further information, to request a review copy of *The Frugal Duchess*, or to schedule an interview with author Sharon Harvey Rosenberg, please contact Cathy Hollenbeck at DPL Press, Inc.: 562-630-6474 X 109, [cathy@dplpress.com](mailto:cathy@dplpress.com).

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