

# The write stuff

Grad's book urges early restraint by Emily Santos



Budget Speech: Adam Goodman's book helps young adults manage their money

## REPORT CARD

**STUDENT** Adam Goodman  
**GRADUATED** Thornlea Secondary School, 1998  
**BEST SUBJECT** Math  
**WORST SUBJECT** English  
**CURRENT JOB** Self-help finance author



"YOU NAME IT — clothes, cars, CDs, movies [and] just going out," are among the things Adam Goodman says he blew his money on before getting his financial house in order. Now, at just 28, Goodman has put those lessons on paper. His book, *Following the Goods: Financial Management for the Young and Ambitious*, targets that often financially clueless section of population: young adults.

and [thereby not have to] worry about it 20 to 30 years from now," he says.

"It's a book that actually won't tell you that you have to do A, B and C, but it will give you both sides of the picture and let you choose the best solution," says Goodman.

Goodman is an author only in his spare time. During the day, he works in the telecommunications industry. But he says he has come a long way from the "baggy pants, skateboarding kid" he was at Thornlea.

*Following the Goods* traces the narrative arc of Goodman's own life. After acquiring \$60,000 in debt from student loans and other frivolous spending, Goodman decided to re-evaluate his financial behaviour.

Goodman has many fond memories of his high school days, but he recalls Mr. Favah as being particularly smart and one of the most down-to-earth teachers he had at Thornlea.

He spent two years speaking with industry professionals, taking courses and reading books on financial strategy.

While leaving Thornlea was a sad time, he says graduating was a monumental moment.

Goodman compiled his findings and began to write his financial self-help book.

When he looks back, it is something that he knows he can never forget.

"What I hope people get from it is a better understanding of what money means and why they need to understand money today,

"It was the end of one chapter and the beginning of the next," he says.

Goodman plans on travelling the world and he says he would love to make Asia one of his first stops.

He also hopes that one day he will be running his own business. For now, he is happy to give financial advice to teens and young adults. But he does have a tip he thinks everyone, regardless of age, should follow: "Budget, budget, budget!"

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