

Interviewing over 1,200 rich people has taught me exactly how money affects the most important things in our lives



Tom Shaw /

Money has a bad reputation with people who don't have it.

It has been blamed for everything from wars to infidelity, from destroying friendships to wrecking families. In the minds of the masses, the more ways they can demonize money, the more validated they feel for not seeking their own fortunes.

Instead of seeing the positive ways that money can enhance the most important things in life like our health, family relationships, and friendships, most people would rather scorn money and tell you how it can destroy the things we hold closest to our hearts.

Don't listen to negative people who don't know any better. The truth is money is not the most important thing in life, but it will make the most important things in life so much better.

Health

A pervasive belief of the masses is that building a fortune requires seven-day workweeks, losing sleep and constant stress. If I believe I have to choose between being rich and being healthy, why would I want to get rich?

The truth is wealth gives you far better access to world-class healthcare, preventive medicine, and alternative treatments. If you need a specific cutting-edge procedure that's not available where you live, you simply fly to a place that offers it.

Another reason being rich makes you healthier is the elimination of the biggest stressor of the masses: money. The wealthy don't have sleepless nights worrying about paying their bills. Imagine how much healthier you would be if you didn't have to worry about money? How much healthier would you be if you never had to wake up to another alarm clock and could sleep as long as you wanted every day? What would be the impact on your stress level if you could afford to fire your boss? Being rich can positively impact your health.



Sean Gallup/

Wealthy people can choose to spend more time with your family.

Family

The most common middle-class belief I have encountered is the mistaken idea that you have to choose between world-class success and a happy family life. The masses have been brainwashed to believe it's an either/or equation. This is rooted in a fear and scarcity mentality that says you must choose, because there is only so much time in a day.

If you love your family, get rich and give them more of your time, plus opportunities only money can buy. Figure out a way to be more efficient with your time because money can help your family live its dreams. Instead of using your family as an excuse, use them as your primary motivation to start earning more.

Don't listen to people who say money leads to dysfunctional families. Dysfunctional families were dysfunctional before money entered the scene; it's just that money magnifies whatever it touches.



Dan/

Money provides the opportunity to make new friends.

Friends

Another common belief that keeps people from getting rich is the idea that they'll lose their best friends if they move into the biggest house on the block. After all, this belief assumes, what good is all the money in the world if you have no friends? It rarely happens. Will you lose a few friends due to jealousy and envy? Maybe. But a better question is: Were they really your friends in the first place?

I'm sure you have friends you've known for years, and you could care less about how much money they have. You gain far more friends than you lose when you get wealthy, and I'm not taking about people who befriend you because you're rich. I'm talking about how money opens up the world to you. You'll have the time and resources to travel, meet almost anyone you want, and gain access to the inner circle of some of the most successful, interesting people in the world. Wealth will bring you more opportunity to make friends than anything else in the world.

The Takeaway

It's true, money doesn't buy happiness. Nor will it make you more comfortable, open doors, create opportunities, and make the good things in your life even better. It may even save your life or the life of a loved one. Decide today to make money a bigger priority in your life. As the late Zig Ziglar said, "Money isn't everything ... but it ranks right up there with oxygen."

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