How to stop overspending

Most people spend money on dumb things which then forces them to do things they don't want So step number one for most people in here they should sell their home take the money and go rent return their BMW and get a Toyota I own a BM BMW Goddamn it And honestly that becomes the vulnerability Why do you own a BMW Because I love the car does the brand and I lo I love driving it So I don't know So to me that's where it gets interesting Right Do you or do you like what the brand does to make you look to other people I don't know I'm not assuming I don't have a you have a point I know I have a point I don't know you but I know in the macro that 98% of people that buy a Mercedes or BMW likes what it makes other people think of them Not that they like it And that \$487 a month versus what they really need which is \$100 a month is why they have a job they hate because they're paying for a life that means nothing