



Sunday Press Review

“What’s the ‘no-spend trend’ and how to make it work”
by Ella Walker, The Independent



Useful expressions from the article

[Full article here](#)

- **slashing** - cutting something by a large amount
- **little to show for something** - (informal) when you’ve spent time or money but have no results to prove it
- **concerted commitment** - a strong, organised effort to stick to something
- **off limits** - not allowed
- **incentive** - something that motivates you to do something
- **fritter something away** - (informal) to waste money or time on unimportant things
- **the wider good** - benefits for society or a larger group, not just one person
- **mindlessly** - without thinking; automatically
- **worthwhile** - worth your time or effort; giving good results
- **miss out on (something)** - to not experience something enjoyable/important
- **expenditures** - money that you spend
- **savings pot** - (informal) money saved for a particular purpose
- **go overboard with (something)** - (informal) to do too much of something
- **regress** - to go back to a worse or earlier state
- **splurge** - (informal) to spend a lot of money on something
- **be back to square one** - to return to the starting point after losing progress
- **equally** - to the same degree; in the same way



Notes

