

Published based on [Debt Management : How Do People Get Themselves Into Debt?](#)

Debt Management : How Do People Get Themselves Into Debt?

```
function sbmgValidateFormPostPg2(name,email) {
var name_fld = document.getElementById('sbmgValidateFormPostPg2' + '_' + name);
var email_fld = document.getElementById('sbmgValidateFormPostPg2' + '_' + email);
var reg = /^[A-Za-z0-9_\-\.]+\@([A-Za-z0-9_\-\.]+\.[A-Za-z]{2,4})$/;
var msg = "";
if ( name_fld.value == "" ) msg = '- Name Required\n';
if ( reg.test(email_fld.value) == false ) msg += '- Valid Email Required';
if ( msg == "" ) return true;
else alert(msg);
return false;
}
```

High interest rates and minimum payments help to keep people in debt, as does living beyond one's means and using student loans. Find out how a mortgage represents a good debt with help from a business analyst in this free video on financial planning and debt management. Expert: Terry Kuykendall Bio: Terry Kuykendall is currently a budget analyst for the military in Washington. She is an accountant who has worked at firms helping people deal with personal and business debt. Filmmaker: stephen kuykendall

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