



Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down

By Peter Walsh

Rodale Press Inc. Paperback / softback. Book Condition: new. BRAND NEW, Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down, Peter Walsh, A recent study showed that people with cluttered homes were 77 percent more likely to be overweight or obese. Why? Organizational pro Peter Walsh thinks it's because you can't make your healthiest choices in a disorganized environment. In "Lose the Clutter, Lose the Weight," Walsh arms you with a simple 6-week plan to clear your home of excess stuff and your body of excess pounds. The guide includes a dietitian-approved eating plan, an exercise physiologist-developed exercise program, a room-by-room organizing guide, and quizzes to help you get to the root of your problems. Additional testimonials from the volunteers who followed this plan and saw great results—from significant weight loss to calmer minds and more organized, happy, and efficient lives—make "Lose the clutter, Lose the Weight" the only book to help you clear the clutter "and" zap the pounds.



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