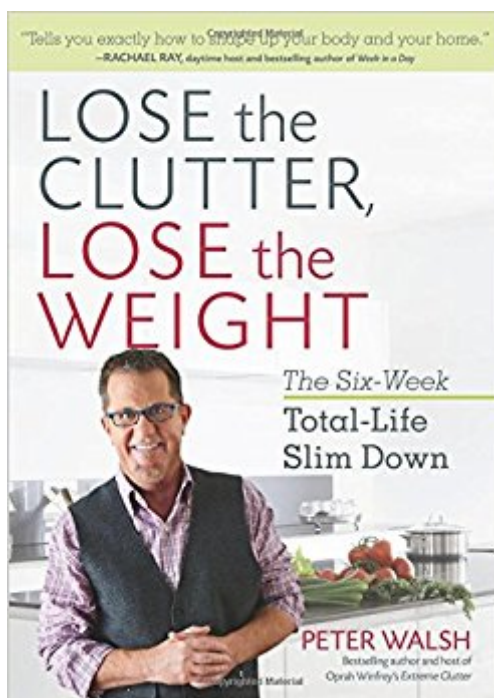


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# Lose The Clutter, Lose The Weight: The Six-Week Total-Life Slim Down



## Synopsis

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.

## Book Information

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## Customer Reviews

Peter Walsh is the author of six previous books, including the New York Times bestsellers *It's all Too Much* and *Enough Already!*. He is a popular organization expert who appears regularly on *The Rachael Ray Show* and writes a quarterly column for *O the Oprah Magazine*. He lives in Los Angeles.

The three main points of the book are lose the clutter, lose the weight and use mindfulness to avoid

malignant emotions, food and items in your life. Organizational guru Peter Walsh helped me think through changes I have been making and continue to make. "Somehow, at some point, you become too large for your comfort," he writes at the beginning. He also helps explain how stuff, emotions and eating are all related and not helping me get the life I want and deserve. I want a conversation with him on diet programs, although he gives a simple program and simple exercises. He even meddles with my finances and email, but all to my benefit. I am in the process of downsizing and his logic helps me divide my stuff into Zone One and Zone Two. Thank you, Peter, for nailing it!

I work at Rodale and was lucky enough to be a test panelist for the program outlined in this book. Let me tell you...it works! Peter just has a unique gift of getting through to people, helping them get over whatever emotional ties they have to "stuff." "I might need this one day" is no longer an excuse I use to keep unnecessary items, and I'm finding happiness in other places, not buying "stuff." This book lays out a plan to create a vision for each room in your house and then systematically helps you declutter each room. It actually made decluttering and letting go of things, dare I say it, fun. For years, I knew I had to get more organized and get rid of things, but no one has ever gotten through to me like Peter has. I lost almost 12 pounds on the book, and my house is looking better and better every day. Thank you, Peter!

Still reading it. I'm starting week #2 tomorrow which is decluttering the bedroom. Peter Walsh has great information, gives lots of encouragement and brings in experts for the diet and exercise portion and the mindfulness meditation. I'm doing my own diet right now, but I love how his is set up. You have so many healthy choices its not a diet, but being mindful about healthy food choices. The exercise portion is great if you don't have any equipment. I go to the gym, but the book offers good options. The parts on being mindful are incredibly helpful when dealing with cravings or emotional attachment to stuff. It has really changed the way I look at things. Going through my kitchen in week #1 was difficult at times, but also very rewarding. I have filled 3 kitchen garbage bags for the trash and put 3 boxes of items for a garage sale, or to give away. It is a great relief to have a vision for the spaces in my house and work to accomplish it. My house is not messy and it doesn't look cluttered, but inside my cupboards...holy Hannah! I have found things I'd forgotten about and never use. It feels great to make decisions about those things and move them out. So I'm off to week #2 for another cathartic experience!! I highly recommend this book!

Lose the Clutter, Lose the Weight has helped me organize my kitchen, bedroom, and dining room

but, I have not followed the time line, I just work on it bit by bit at my own pace. The author's style, voice, and suggestions connect with me and I am able to donate or throw away stuff I have held onto for decades. I have lost weight slowly and consistently but, I am on my own eating plan. I did take the author's advice to throw away food that is unhealthy and have not missed any of it. I am tired of diets. I eat whatever I want with the resolution that I make it from scratch from NON GMO and organic sources about 90% of the time. I try to abstain from packaged foods or fast food restaurants as much as possible.

I added to my clutter issue by buying this book, and not reading it. I ended up downloading the audible version and love it. Peter tells you like it is, it is not healthy mentally to have clutter in your house, to hold on to things from family member who are no longer here, or things you may use some day. Just get rid of it. I need to so I do not teach my kids this way of life as well. Do you feel relaxed when you are at a hotel or someone's home that is not cluttered, and think that I need to clean up my home like this? Then you need to realize that you have too much stuff, and it is time to get rid of it and enjoy your life. Do you want to leave all your stuff for your family to go through, just to toss it? If not, then take care of the things yourself and clean up your house and your life.

Some things just need to be said out loud. Peter Walsh has a way of phrasing different clutter related subjects that make total sense. Just because over half the country is fat and living in cluttered homes does not make it appropriate for Americans to continue in this direction. Peter does a good job at teaching users that changes are long overdue and sets out a good map with how to begin the process. The author teaches how these two issues are often related and describes how those who win the clutter battle often end up losing weight also. I recommend the 10+ hour MP3 CD and passing it on to friends who may find it useful.

Well written and I almost felt he was speaking directly to me...Very relateable for sure....Great book...Started throwing out the junk...Looks better already....A real catharsis for sure....I pray it lasts.....LOL

Loved this book. Very well written, and it goes into detail about the reasons why clutter and mindless eating stem from the same basic cause. I'm so far past "middle-age" I can hardly remember it, but this book and Marie Kondo's Tidying Up book have made a major change in my life. I took 6 boxes of clothing and "stuff" to Sal. Army yesterday, and dropped off 2 large boxes of

books to a West Virginia Library. Just lugging all that stuff out to the car probably caused a weight loss! And the odd thing is that I can't wait to rid myself of another 6 boxes of "stuff" and another 3 boxes of books! As a wise and funny woman once said, "I spent the first half of my life collecting stuff, and the last half getting rid of it."

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