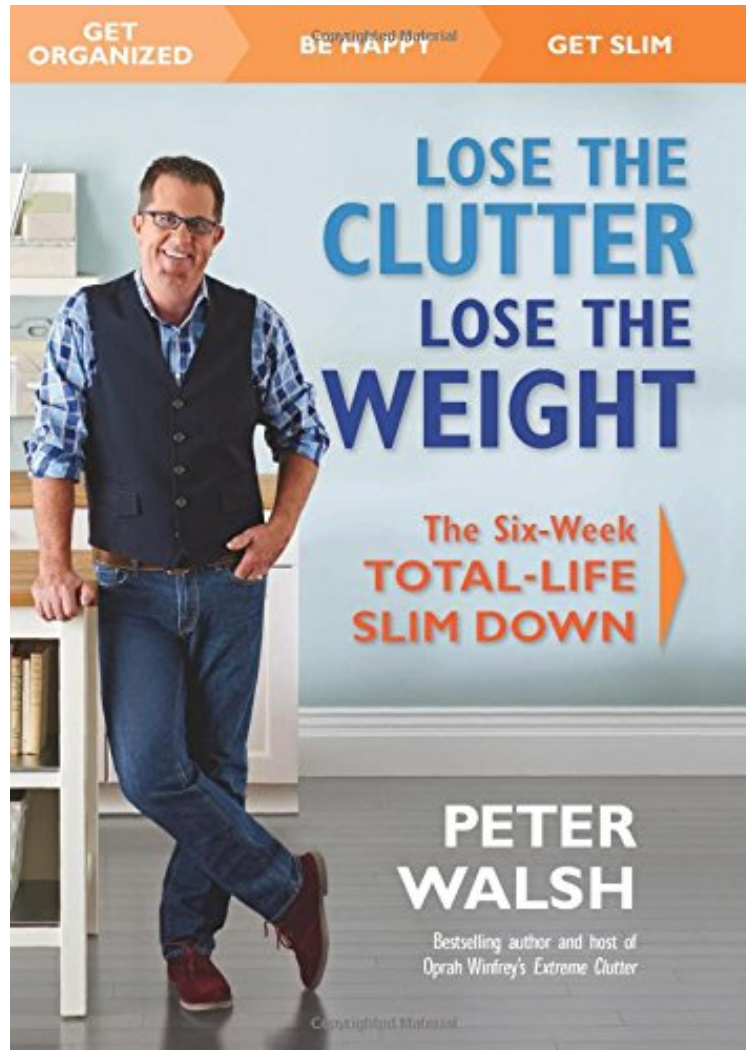


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Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down

Peter Walsh

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Peter Walsh : Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down before purchasing it in order to gage whether or not it would be worth my time, and all praised Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down:

128 of 133 people found the following review helpful. Could Not Wait to Read It and Got It the Day It Came Out By C. Johnson 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! 119 of 126 people found the following review helpful. " "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. By lmz120I 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! 95 of 101 people found the following review helpful. Loving it! By Styleshopper 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!

A houseful of clutter may not be the only reason people pack on extra pounds, but research proves that it plays a big role. A recent study showed that people with super-cluttered homes were 77 percent more likely to be overweight or obese! Why? Author Peter Walsh thinks it's because people can't make their best choices-their healthiest choices-in a cluttered, messy, disorganized home. In *Lose the Clutter, Lose the Weight*, organizing guru Walsh comes to the rescue with a simple 6-week plan to help readers:- Clear their homes of excess "stuff" as they discover their vision for their personal space- Clear their bodies of excess pounds as they follow a healthy, super-simple eating and exercise plan- Clear their minds and spirits of the excess weight of too many possessions. All the pieces are connected-and Walsh weaves them together for a 6-week program that leads readers step-by-step through decluttering their homes, their bodies, and their lives. Rodale took the program for a test-drive with two dozen volunteers who followed his plan. All reported great results-from significant weight loss to calmer minds and more organized, happier, and more efficient lives. With a room-by room organizing guide, plus super-simple recipes and an easy exercise plan, *Lose the Clutter, Lose the Weight* is the only book to help readers clear the clutter while they zap the pounds all at the same time.

About the Author Peter Walsh is a popular organization expert who appears regularly on The Rachael Ray Show and writes a quarterly column for O: The Oprah Magazine. He has hosted several TV shows, including Clean Sweep and Extreme Clutter. He lives in Los Angeles.