

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

Peter Walsh

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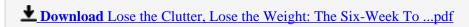
A houseful of clutter may not be the only reason people pack on extra pounds, but research proves that it plays a big role. A recent study showed that people with super-cluttered homes were 77 percent more likely to be overweight or obese! Why? Author Peter Walsh thinks it's because people can't make 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.



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