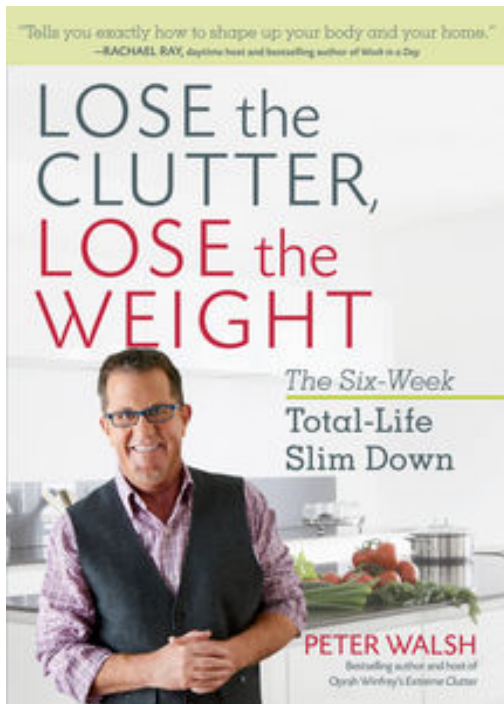


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Lose the Clutter, Lose the Weight Download Online eBook Peter Walsh Free eBook PDF/ePub/Mobi/Mp3/Txt, From the author of New York Times bestseller *It's All Too Much*, comes a 6-week program for achieving significant weight loss and a calmer mind, by clearing the clutter and creating a more organized, happier life.

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? Organization guru 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*, Walsh leads you step-by-step through decluttering your home, your body, and your life in this 6-week program. He'll help you:

- Clear your home of excess "stuff" as you discover your vision for your personal space
- Clear your body of excess pounds as you follow a healthy, super-simple eating and exercise plan
- Clear your mind and spirit of the excess weight of too many possessions

With a room-by room organizing guide, dietitian-approved eating plan, exercise physiologist-developed fitness program, and quizzes to get to the root of your problem, *Lose the Clutter, Lose the Weight* is the only book you need to help you clear the clutter *and* zap the pounds.

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