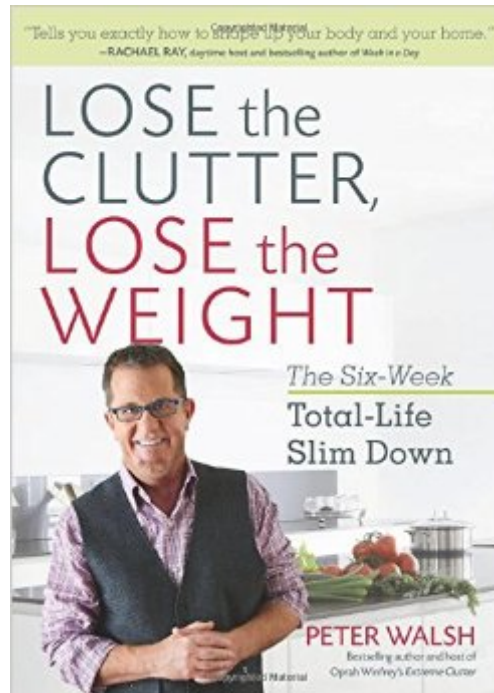


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# Lose The Clutter, Lose The Weight: The Six-Week Total-Life Slim Down



## 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

Paperback: 320 pages

Publisher: Rodale Books; Reprint edition (February 16, 2016)

Language: English

ISBN-10: 1623366674

ISBN-13: 978-1623366674

Product Dimensions: 6.6 x 0.9 x 9.1 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (119 customer reviews)

Best Sellers Rank: #44,004 in Books (See Top 100 in Books) #11 in Â Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Green Housecleaning #60 in Â Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating #83 in Â Books > Crafts, Hobbies & Home > Sustainable Living

## Customer Reviews

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!

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!

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!

I first saw Peter Walsh a few years ago on Oprah. She assigned him a 2-day slot on the show to help out a middle-aged couple who'd so filled their house with stuff they could hardly move. They couldn't use the kitchen so they ate out every night. She was a nervous wreck and every day was another shopping extravaganza. She bought presents for her kids and grandkids that they never received: it was all on the piles. Peter walked in and got busy. First, he explained some reasons they lived that way (if you can call it living) and reassured them he wasn't there to judge them but to

help. After initial hesitation, they clung to the process for all they were worth--it was literally a life-line. Peter didn't do the usual taking every darn thing and asking if it was important or meant something to them. That's designed for failure. Everything in our house is "good" and here for a reason, isn't it? He cleared out the whole house and put everything up for a one-weekend mega rummage sale. It filled an entire warehouse. The lady was so upset but became a blubbing mess when he led her to another room, an extra 50% of space which held her hundreds of pairs of shoes. They made \$13,000 which indicates the size of their hoard. This man and woman had piled up so much junk on the bed it reached the ceiling: she slept cramped on about 10% of the space left and he slept on the couch. When Peter cleared out the whole bedroom, it was a shock: you couldn't see before that there were windows, 2 chairs and a fireplace!! The coup de grÃ¢ce was when, after all this work, the man was presented with a huge box of papers: 35 years of gas bills. He sat down on the porch and began taking each one and opening it. Peter lost it: "Are you KIDDING me???" He made the man throw the whole box in the dumpster. Peter went back after a year to see if it "took," if the people had maintained the clarity and peace of the home. Yep. And, by gum, they looked thinner! So we see that Peter's methods work. He's also written these which are magnificent helps:

*It's All Too Much: An Easy Plan for Living a Richer Life with Less Stuff*  
*It's All Too Much Workbook: The Tools You Need to Conquer Clutter and Create the Life You Want*  
*Lighten Up: Love What You Have, Have What You Need, Be Happier with Less*

This book is set up in a natural manner:

Part 1: How Clutter Invades Your Home, Your Body, and Your Mind  
Part 2: The "Lose The Clutter, Lose The Weight" Blueprint  
Part 3: The Six-Week Program Begins:.....

Chapter 9: Week One: Your Cooking and Dining Areas...  
Chapter 10: Week Two: Your Bedroom...  
Chapter 11: Week Three: Your Bedroom Closet and Your Bathroom...  
Chapter 12: Week Four: Your Financial House...  
Chapter 13: Week Five: Your Living Areas (e.g. family room)...  
Chapter 14: Week Six: Your Storage Areas (e.g. basement)  
Chapter 15 is how to prevent all this work being a waste of time...to make these changes permanent.

I have made a study of clutter since my home was always overrun with it for years. I started a discussion thread on the gold box forum 6 years ago and reading and posting on it has helped me make my cluttered house a cozy home. It's such a great thing to ask an unexpected guest in and not be embarrassed. I got the clutter out and now I'm happy. These 2 books also helped tremendously:

*The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*  
*Organize & Create Discipline: An A-to-Z Guide to an Organized Existence (Hardback) - Common*

But I want to put Peter's words to the test: along with more clutter, can I get rid of a few pounds? I'll report back in a few weeks.

Ok, so I would not have correlated a cluttered house with increased weight, so the premise was an interesting start to the book. The book lays down simple principles for de cluttering your home and life, from clearing your homes of excess "stuff" to define your own personal space, to clearing your body and mind. All really great ideas in principle, but really hard ones to do in life. The book sets out a 6-week program in a step-by-step fashion to attach decluttering their homes, their bodies, and their lives. The author even went to the extent to test drive the program with a group of volunteers who claim to have found significant weight loss to calmer minds and more organized, happier, and more efficient lives. I have not made it through the program yet, but at least it feels like the author has given the reader a map to work with, rather than a simple directive to declutter your life. Given the practical application of trying to simplify our lives and health, I think the book is a good read for just about anyone.

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