

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

By Peter Walsh

Lose the Clutter, Lose the Weight: The Six-Week Total lose the weight, says author Peter Walsh Lose the Weight: The Six-Week Total-Life Slim Down

Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down, by Peter Walsh (Rodale, 304 pages, \$26.99.) People bogged down by possessions are often

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How to Lose Your Clutter without Losing Your Soul Share | Tweet | print | email. Note: The following is a guest post by my best friend, Jen Burns.

Here are the goals of the book after going through the 6-week program: Be surrounded by objects in your home that you value and cherish; Have a home that meets your

Take a second and look around your desk. Is everything neat and organized places for everything, etc? Or are there papers and Post-Its and half-consumed cups of

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Author and television host Peter Walsh says the genesis of his new book, Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down (Rodale, \$26.99

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Lose the Clutter, Lose the Weight The Six-week Total Life Author Peter Walsh thinks it's because Lose the Weight The Six-week Total Life Slim Down.

5 Best Ways to Lose the Clutter for Keeps Clear out the junk and gain space in your home and clarity in your life

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Keep the mementos, lose the clutter. Try these tips to help you decide what to treasure and what to toss. Sep 10, 2010 Jaclyn Law 0

Organizing your kitchen from the pantry to the countertops and refrigerator helps you lose the clutter. But it also can help you lose weight, experts say.

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Abundant Life. Hardcover; Lose the Clutter, Lose the Weight. The Six-Week Total-Life Slim Down. Simple Shifts to Slim Down, Shape Up,

Clearing clutter is one of the best kept secrets to help you release weight. If you're spring cleaning, this season creates a great opportunity to practice this easy

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Keen to shift your clutter, lose some weight and change your mindset? This is what Peter Walsh promises in his latest book 'Lose The Clutter Lose The Weight'.

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