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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

' lose the clutter lose the weight': how to

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How to lose your clutter without losing your soul

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.

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Review: lose the clutter, lose the weight, by

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

Lose your clutter and lose weight, too, claims

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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