



Does This Clutter Make My Butt Look Fat?: An Easy Plan for Losing Weight and Living More

By Walsh, Peter

Free Press, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Contents Introduction: The Extra WeightA Culture of Fat It's All Too Much: Living a Richer Life with Less Stuff Clutter and Fat --They're Not So Different It's Not About the Food Permission to Be Imperfect A New Approach1: The Life You HaveHow Heavy Is the Weight You Bear? Quiz: The Weight of Weight You're Not Alone You Are Fat -- No Excuses Fat Gets in the Way of Life The Life You're Living Is Making You Fat Clutter Makes You Fat, Fat Makes You Cluttered Organization for Healthy Living Checklist for Chapter One2: The Life You WantChoose Your Own Adventure Start Big -- Define Your Vision Imagine the Life You Want to Live Your Ideal You Don't Let Fat Get in the Way Practice Mindful Eating Checklist for Chapter Two3: The Emotions You ConfrontMind Over Mood How You Feel Before, During, and After You Eat Build New HabitsChecklist for Chapter Three4: The Home Where You LiveTime to Come Clean It's More Than Just a Home -- It's Your Home A Fat Tour of Your Home5: The Kitchen You CreateNobody Makes Good Choices...



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