



Organize Your Ass Off!: Get Organized & Lose Weight

Kristi Pelzel

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Do you want to get organized at home? Do you want to lose weight? If you answered yes to both of these questions you'll love this book. "Organize Your Ass Off!" creatively combines home organization and weight loss for the first time.

This fun motivational book doesn't just give you how-to tips, it will inspire you to accomplish home organization projects that support weight loss. It will teach you that by organizing your physical environment you can start feeling in control again, and through purposefully exercising you can kick-start your physical motivation. This book takes you a step deeper by exploring your pattern of organizational behavior. It will connect you to how things became the way they are and what you can do to make long-lasting changes instead of quick fixes. You'll also read accounts of real organization projects. These entertaining stories will give you ideas that you can copy, or inspire you to come up with new creative solutions of your own!

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