



Body Clutter: Love Your Body, Love Yourself

Marla Cilley, Leanne Ely

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In *Sink Reflections*, Marla Cilley -- the FlyLady -- helped hundreds of thousands of her fans combat overwhelming household C.H.A.O.S. (Can't Have Anyone Over Syndrome). Taking a "baby-steps" approach, she offered little chores to do every day, to wipe out clutter and feelings of inadequacy. Now, in *Body Clutter*, the FlyLady and Leanne Ely, the Dinner Diva and creator of the *Saving Dinner* series, team up to teach readers how to handle and erase the clutter they carry on their bodies and minds when it comes to body image.

The FlyLady and Leanne say that it's not about finding the perfect diet, it's about the way you feel about food and your body and understanding sound nutrition. With warm voices, unique lingo, and no preaching, they apply a step-by-step technique, coaching the readers from beginning to end and sharing their own success stories along the way.

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Jonathan Gomes:

Spent a free time to be fun activity to perform! A lot of people spent their down time with their family, or their very own friends. Usually they undertaking activity like watching television, gonna beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? May be reading a book might be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the guide untitled Body Clutter: Love Your Body, Love Yourself can be excellent book to read. May be it may be best activity to you.

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