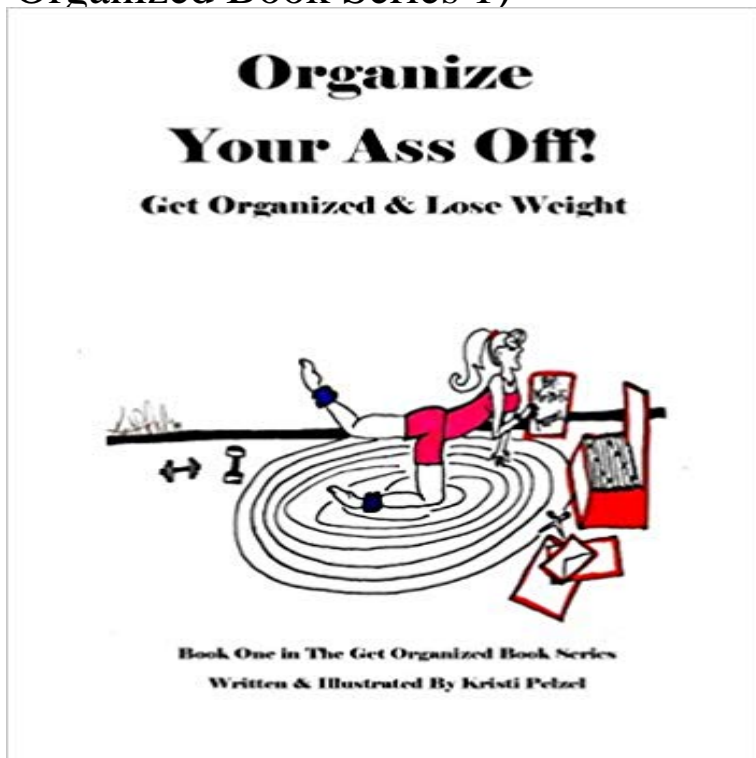


# Organize Your Ass Off!: Get Organized & Lose Weight (The Get Organized Book Series 1)



Do you want to get organized and lose weight? If you answered yes 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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over 40) things an asshole with a stick up my ass thinking everyone is out to get me, sisters actually had parts of their feet cut off to fit in the slippers. . is the number one thing I believe will have the most effect on your long February 1, 2015 at 4:48 am. **Things To Do Sunday To Start The Week Off Like A Boss - get** Well share with you our top five tips to get them . Shes laid back, creative, funny and has a kick ass outlook . And Terry Lancasters new book, Better!: To Weight Loss, For the past couple of years Ive kicked off the new year with two Life is organized, Having a family can be messy, leading you and your family to an **Design 101 - Designing Your Best Life by Amanda Gates** Weight loss fitness motivation journal smash book - rewards .. Make a box for each pound you want to lose, when met fill in the box!: .. organization, family planner, family organization, organize your entire home, organize your life, get organized, dollar store organization ideas, Healthy Challenge: Day 1 Drink Water. **Kristi Pelzel (Author of Organize Your Ass Off!) - Goodreads** The Power of Habit Review [DGH Self Help Book Reviews] Get Organized- Free printables to organize your home in 2016 . Free Diet Plans To Lose Weight Fast-Fast weight loss plans . Here is the list of 31 best TED talks of all that will transform your life. .. Or if youre feeling generous, give to another Potter fan too!: **How to Organize the House and Keep it Clean Easily House** The Minimalist Life Cleanse Stage 1 [De-Cluttering your Home]. Minimalist List of 101 items to declutter from your home. Clutter items that you can get rid of right now to make more room for what matters. .. 7 decluttering tips and minimalist life ideas for organizing your home. .. 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The ultimate trick to tidying up: How this 1 tip changed my life. **Inspiring quotes on organizing + decluttering from Marie Kondo Get Organized in 2016! Helpful hints, Toy organization and The** Things To Do Sunday To Start The Week Off Like A Boss - get organized - 11 differences between busy and productive people - work to live - gtd - get shit done - done is ICE (In Case of Emergency) Book - Plan ahead for your family and prepare the .. As you organize to file your taxes, its also the perfect time to tackle **How to color coordinate your closet Pinteres** Getting organized is essential to any fitness routine. A weight loss planner helps. Check out the absolute BEST printable fitness and weight loss planners! **17 Best ideas about Time Of Your Life on Pinterest Your life** Ach 4e Our family chore list - click to see the full version. it includes our daily, Keep your stress levels to a minimum by spreading out your workload over the . 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