


# Body Clutter: Love Your Body, Love Yourself

By 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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## Body Clutter: Love Your Body, Love Yourself By Marla Cilley, Leanne Ely Bibliography

- Sales Rank: #121355 in Books
- Brand: Touchstone
- Published on: 2007-01-02
- Released on: 2007-01-02
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .80" w x 6.12" l, .80 pounds
- Binding: Paperback
- 256 pages

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### Editorial Review

#### Review

"I don't know where this journey through *Body Clutter* is going to take me next, but I can already tell that it is going to change my life." -- A FlyBaby in Florida

"I just needed to say to anyone that doesn't get how *Body Clutter* connects with housekeeping: It is all about loving yourself! It is all about caring enough to give yourself a happy place to live! It is all about choosing to be alive, happy, and free." -- A FlyBaby in Massachusetts

"This book is not just about *Body Clutter*. . . . It is a miraculous insight to universal issues with almost every aspect of our lives and the clutter we keep." -- A FlyBaby in Utah

#### About the Author

**Marla Cilley**, aka the FlyLady, is mentor to hundreds of thousands of women around the globe through a mentoring system she started in 1999 on the Internet. The author of *Sink Reflections*, she lives in North Carolina and can be found online at [www.FlyLady.net](http://www.FlyLady.net).

**Leanne Ely**, aka the Dinner Diva, is a mentor to families by bringing them back to the dinner table one meal at a time. The author of the *Saving Dinner* series, she lives in North Carolina and can be found online at [www.savingdinner.com](http://www.savingdinner.com).

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### *Introduction*

What is Body Clutter, anyway? When you look at your house, sometimes you can see the clutter. Then there are times when you are immune to your clutter; it can be right in front of you and you don't see it. It starts gradually slipping in your door while the other stuff you already have is just waiting to be loved. Eventually clutter gains a foothold and you don't know where to start to get rid of it. It seems like such an overwhelming task; what is a person supposed to do with all this stuff?

Over the years, the same thing has happened to our body. As children, our little child brain and body absorbed every word and morsel of food that came even close to us. We were starving for knowledge and attention, and our tiny body needed love, food, and movement to continue to grow. Some of the messages told us that we could have it "all," while others said, "If you don't do it right, don't do it at all." We were stuck wanting it "all" and afraid even to try because what if we failed? Then you toss in the time factor of perfectionism and you will find the ultimate killer of souls: procrastination. "I don't have time!" That is, we don't have time to do it right, so we do nothing at all.

This thought process is part of our Body Clutter. It is one of our many attitudes that have helped us to collect the clutter that is on our thighs, tummy, and backside. Just like with our homes, our body did not become cluttered overnight. It took years of stinking thinking to collect our Body Clutter. It happened so gradually that the only time we really noticed was when we had to reach for a larger dress size. Do you remember the horror the first time you got a bigger size? Are you immune to it now?

This book is not one of those magic pills you have been searching for. It has been a difficult journey for us, but we have celebrated every BabyStep we have taken. With each step we have released some of our negative thinking and with it the hold on our physical Body Clutter.

Over the years we have collectively lost and gained millions of pounds; we are good at starving ourselves and losing the weight when we are forced into decluttering for a special occasion. Anytime you declutter for the wrong reasons, the clutter is going to come back and usually increase. We have all done the stash-and-dash around the house to get ready for a visit from our mother-in-law. That is what we do to our body, too.

The age-old problem for anyone who has ever been on a "diet" is how to keep the pounds off once you are no longer depriving yourself. Leanne and I believe with all our hearts that the answer to this problem is not in the future but in the past. If we can figure out for ourselves how we acquired the Body Clutter in the first place and the attitude that put it there, then we are a step closer to eliminating it from our body. If we declutter the negative thinking first, it is going to help us stop gaining more Body Clutter. Then, by replacing our negative thought patterns with positive ones, we will gradually decrease the Body Clutter we already have.

Here is what happens when we don't declutter our negative attitudes. We decide to lose weight for whatever reason, we lose a few pounds, then something upsets us and we fall back into our old childhood habits of reaching for a "comfort cookie." It happened to me just the other day. I got my feelings hurt and I cried. I was crushed, and the first thought I had was to look in the freezer for a chocolate ice pop. What made me do that? It was almost instinctive! Immediately I saw it for what it was: a Band-Aid to comfort my hurting soul. This is how I used to deal with my hurt feelings; I would head to the refrigerator to stuff my face so I would not have to deal with what was really wrong. Before, I would not have been able to stop myself because I didn't know that my eating in response to feeling hurt was just as abusive as the comment that hurt my feelings in the first place. I just wanted to feel better and stop crying. This kind of behavior is not only instinctive but also very human.

When we are babies and we cry, what happens? We get fed. When we misbehave in the grocery store, we are given a cookie to keep us quiet. Do you see the pattern here? It starts out as instinctual but ends up creating a pattern for self-destructive behavior. We are going to learn to recognize this Body Clutter for what it is -- self-abuse.

Several years ago I began to FLY (Finally Loving Yourself), but it did not happen overnight. In fact, I am still learning how to love myself in almost every area of my life. My first BabySteps were about getting rid of the clutter and CHAOS (Can't Have Anyone Over Syndrome) in my life. I wanted to feel good about my home, but that is really hard to do when you are not feeling good about yourself.

It all started with shining my sink, and from that starting point, I began to take better care of my outward appearance, too. There is just something about walking into the bathroom and smiling at what you see in the mirror. It is kind of like going into your kitchen the morning after you have shined your sink for the first time -- that smile radiates to the core of your being and it continues to surprise you each time you go into the kitchen and see your shining sink. Body Clutter is painful. Leanne and I have both suffered from the ridicule and snide comments. Those hurtful words and looks do not make us who we are. We wrote this book to help you find peace. Peace with food, movement, and, most of all, the attitude that has created your Body Clutter. We look in your faces and know that you are suffering just like we are. This book is our journey. It is because of you that we were able to address our own Body Clutter, and we thank you for that. We have given you our hearts and pray that our journey will help you release your own Body Clutter.

I have struggled with my weight since the birth of my first child. The battle began after I gained more than

fifty pounds with my daughter, and then gave birth to my son less than two years later. At that point my weight became more of a concern than I ever wanted it to be.

I had lost a baby the prior year to miscarriage, so when I found out I was pregnant with my daughter, I was determined to be the healthiest pregnant mom on the planet. First up on my be-healthy list was my diet. Prepregnancy, I ate erratically and only when my blood sugar crashed, and when I did eat I would pig out. I was a very picky eater who didn't like vegetables, but I trained myself to eat all of them -- and like them! I ate regular meals but was overcome by the myth of eating for two and continued to pig out at each meal as if it were my last. Sundays after church became an excuse to belly up to a double cheeseburger, sides of fries and onion rings, and don't forget the chocolate shake! That was my splurge day, never mind that I had been splurging all week! I gained fifty-two pounds and ultimately gave birth to a nearly ten-pound baby.

With my second pregnancy, a new interest in nutrition helped keep my weight gain down to a manageable twenty-seven pounds. Unfortunately, the previous pregnancy's weight was still firmly in place.

I decided to become a nutritionist right after the birth of my son. The funny thing is that at the time I wasn't even interested in nutrition for myself. I just wanted to raise my children in a healthy manner.

The certification course I was taking would normally take two years to complete, but it took me only six months. My mentors, whom the school assigns its students, couldn't believe I was going through everything so rapidly, but I was determined to get it done ASAP so I would be qualified to feed my children healthy meals, as well as help other mothers with nutrition issues.

In between taking care of two babies, I studied twelve hours a day, often staying up till one or two in the morning. It was awful, but I did get my certification, I did feed my children an unbelievably healthy diet, and I began taking clients for consultations, and speaking to preschools and anyone who would book me. I was on a crusade to tell the world how to feed their children, and yet my bottom continued to bloom into plus sizes. Ironically, I knew that I was talking the talk and not walking the walk, yet at the time it was all about the children.

The interesting thing about Body Clutter is that it's always there for a reason. It isn't just about overeating or not getting enough exercise. The reasons can vary, but getting to the heart of the matter and finding out why the Body Clutter is there in the first place can be the first step toward liberation. FlyLady and I, and more and more women just like us, are finding this out for ourselves; we have embarked on a journey together and the lightbulbs of enlightenment are going on all over the place. We want to share with you what we have discovered and have been implementing along the way.

One of the most comforting things I learned was that who I am does not equal my dress size. I am a unique woman, a child of God, with talents, gifts, and abilities that reach beyond the superficiality of size. I hope that when I'm gone, the things said about me will never be about my weight, the size of my jeans, or what color lipstick I wore. Instead, I hope they will say things about my character and that I was a good mom and a good friend. I am blessed with friends and family who love me as I am.

However, there is always room for improvement. One of the neatest things about the journey of life is the ability to redefine oneself. Self-assessment can be painful at times, but all growing pains lead to growth, which is the important thing. If we are not growing, we are stagnating and, to me, that's a fate worse than death.

So we go forward on the journey, recognizing that it is a learning process, an opportunity for growth, and that it may be painful at times. Sometimes the progress is amazing and noticeable; other times, it's one step forward and ten steps back. With the right tools, attitude, and a little knowledge, we can go all the way and

really learn how to FLY...

## **Users Review**

### **From reader reviews:**

#### **Peter Pitts:**

Do you have favorite book? For those who have, what is your favorite's book? Book is very important thing for us to understand everything in the world. Each e-book has different aim or goal; it means that publication has different type. Some people feel enjoy to spend their time and energy to read a book. These are reading whatever they have because their hobby will be reading a book. Why not the person who don't like reading a book? Sometime, person feel need book if they found difficult problem or even exercise. Well, probably you should have this Body Clutter: Love Your Body, Love Yourself.

#### **Michael Spicer:**

Inside other case, little persons like to read book Body Clutter: Love Your Body, Love Yourself. You can choose the best book if you want reading a book. Providing we know about how is important the book Body Clutter: Love Your Body, Love Yourself. You can add expertise and of course you can around the world by way of a book. Absolutely right, since from book you can realize everything! From your country until finally foreign or abroad you can be known. About simple issue until wonderful thing you can know that. In this era, we could open a book or searching by internet gadget. It is called e-book. You can use it when you feel bored to go to the library. Let's go through.

#### **Deborah Fishman:**

This Body Clutter: Love Your Body, Love Yourself usually are reliable for you who want to become a successful person, why. The main reason of this Body Clutter: Love Your Body, Love Yourself can be one of several great books you must have is usually giving you more than just simple studying food but feed you actually with information that possibly will shock your before knowledge. This book is definitely handy, you can bring it almost everywhere and whenever your conditions at e-book and printed ones. Beside that this Body Clutter: Love Your Body, Love Yourself giving you an enormous of experience such as rich vocabulary, giving you demo of critical thinking that we realize it useful in your day task. So , let's have it and enjoy reading.

#### **Karen Lambert:**

This book untitled Body Clutter: Love Your Body, Love Yourself to be one of several books that will best seller in this year, that's because when you read this guide you can get a lot of benefit upon it. You will easily to buy this book in the book shop or you can order it by using online. The publisher of this book sells the e-book too. It makes you easier to read this book, because you can read this book in your Cell phone. So there is no reason for your requirements to past this book from your list.

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