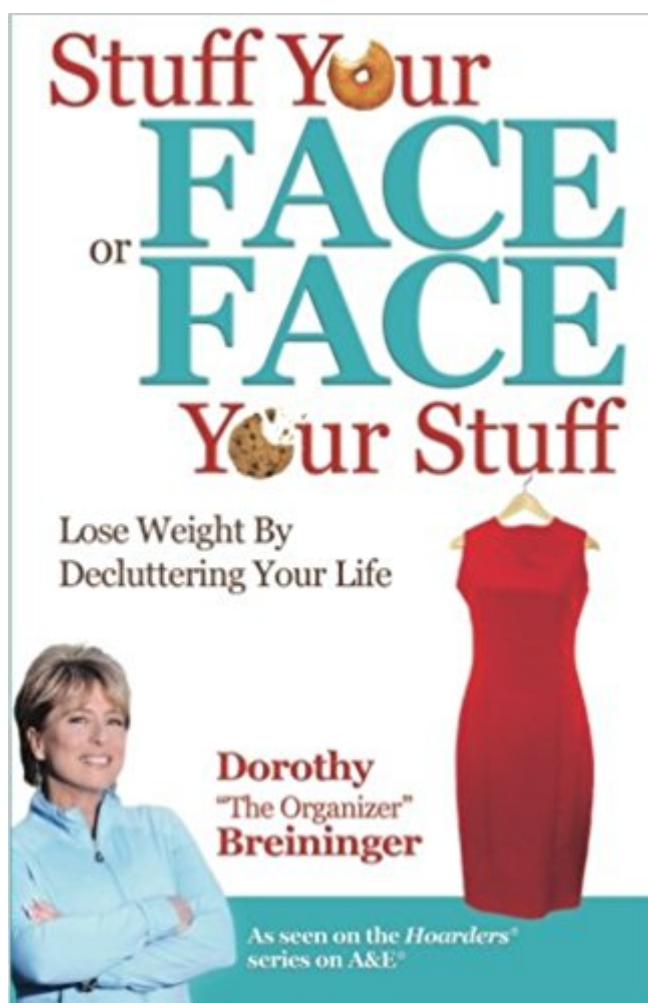


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# Stuff Your Face Or Face Your Stuff: The Organized Approach To Lose Weight By Decluttering Your Life



## Synopsis

While organizing the lives of her many clients as an organizing expert and a frequent guest on A&E's Hoarders show, Dorothy Breininger learned to face her own clutter, and lost seventy-five pounds in the process. In this one-of-a-kind book, she tackles downsizing from the much-needed perspective of what lies underneath our clutter—metaphorically, physically, and emotionally. With some of the most extreme and memorable true stories from the Hoarders show, Breininger reveals what our clutter is trying to tell us and how it relates to our struggles to lose weight and keep it off. Whether you're a packrat, a neat freak, or trying to tame the hoarder within, Breininger reveals why, to be successful on the scale, you must first master the clutter within you and around you. With the same no-holds barred candor that resonates with TV viewers, she offers advice to help anyone face their stuff, with an organized, step-by-step approach to either toss it, tame it, or tailor it to fit their lives. Filled with personal stories from clients, her own success story, and tips from fitness coaches and organizing experts, this practical book gives everyone the tools to declutter their way to their dream size.

## Book Information

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## Customer Reviews

"Dorothy is a life coach. She is about organizing; she is about putting together an action plan for setting up the interval steps to get you where you're going, setting realistic goals—and she is good at it."—Dr. Phil McGraw, The Dr. Phil Show (Endorsement)"Equal parts cheerleader, therapist, and organizer, Breininger has decluttered personal lives for twenty years."—USA Today (Endorsement)"In her book, Breininger says what is eating you today can serve up heaps of

self-destructive habits that can last a lifetime. And the world's best makeover will not alleviate the pain unless you face your stuff."â•Warner Center News (Endorsement)"Some people go to Bali on vacation. I just call Dorothy!" â•Susan Beckman, Artist (Endorsement)"Dorothy Breininger can turn your 'To Do' list into an 'It's Done' list!"â•Organize Magazine (Endorsement)"Dorothy Breininger knows a thing or two about motivation and goal setting."â•Rapid City Journal (Endorsement)"For years Dorothy and her staff have organized my business and my life. For me, Dorothy is like a monthly vitamin, which ensures my personal and business success."â•Roxanne Davis, Attorney (Endorsement)"Dorothy Breininger and her team were amazing to work withâ•they took mountains of paper and created organized files. We no longer feel overwhelmed by the sheer volume of information we process."â•Southern California Edison (Endorsement)"Nobody appreciates a high-class pigsty, though, like Dorothy Breininger. Her tales from the upper crust of disorganization will send you jogging to the nearest Staples."â•Forbes magazine (Endorsement)

Dorothy K. Breininger is a member and lecturer for the National Association of Professional Organizers and Institute for Challenging Disorganization. She can be seen on the Hoarders series on A&E, as well as the Today show, the Dr. Phil show, and The View. She coauthored five organizing books, produced the award-winning Documentary "Saving Our Parents," and is a sought-after national speaker. Please visit her at [www.DorothyTheOrganizer.com](http://www.DorothyTheOrganizer.com)Â for more information.

Dorothy has really exposed herself in this book. She has shared her very personal memories and emotions with all of her readers, and I think it really makes the book easy to read, and her points easy to connect with. She's the real deal. This book is excellent at getting to the bottom of the reason why someone may struggle with weight. The "quick and easy" way may be to join a diet or exercise program, but if the underlying issues are not dealt with, then the weight will come back. (I don't think losing weight is ever "quick and easy"!) Most people have good and bad times in their lives, and if they don't learn strategies for coping with bad times, weight gain may be one of the results. Getting to the bottom of any underlying issues is never easy, nor simple, and I've found it requires many approaches, attempts, and strategies. Dorothy takes you on her journey to do this for herself. Bravo Dorothy! Readers, I think you'll find it very interesting!

Are you crying when you are peeling an onion only to stop when you've had enough? Perhaps you should go to the core and really find the "sweet spot." And Dorothy Breininger's "Stuff Your Face or

Face Your Stuff," went right to the heart of the matter. She described her binge eating an outer layer that she never figured out until organizing on "Hoarders..." Like her clients, Dorothy needed to possess something; lots of it, to avoid her grief. Instead of hoarding animals, papers, books, electronics and left-over bicycle parts, she turned to food to medicate her feelings. And it was equally as dangerous as the hoarder's habits. Now Dorothy shares her successful metamorphosis with all. No longer 200+ pounds, this expert-organizer details how to stop the vicious cycle that robs you of all happiness and well-being. I recommend this book to all who cannot see through the layers of despair and want to face their stuff with hope and courage. A PAGE TURNER!!!

I started reading this for my work. But once I got going, I was riveted! I love the stories about growing up with her Dad in Wisconsin. I also love her bravery about talking about her bingeing. This is a raw, personal story, yet so inspiring. I've been a follower of Dorothy's for years, and this is a girl that doesn't just talk the talk, she walks the walk. I'm really paralyzed by perfectionism a lot of the time. I found this work just helps me: Get it done!!!! If you read this book, I promise you, there will be one thing that will resonate with you! Grab it and use it! This stuff is life changing.

I just finished my first read-through of Dorothy's new book. As far as I am concerned, this is a must-read for anyone on any weight loss program. I am a lifetime-but-over-goal Weight Watcher, so I know all about carrying the extra pounds. I am also a new Professional Organizer (officially as of Oct. 2012 but informally for many years), and have been doing lots of reading on the relationship of clutter to weight issues. When I read the synopsis of the book and watched Dorothy's video, I did a huge happy-dance in my head: Dorothy "gets it" -- making the clutter-weight connection. After ordering a hard copy of the book, I couldn't wait to read it, so I ordered the Kindle version. "Stuff Your Face..." is stuffed with GOOD stuff, stuff that will help you get rid of the BAD stuff so you can achieve your goals and thrive instead of just survive. (Is it Friday yet?) While there are many books and articles written about many of Dorothy's topics (e.g. good sleep habits), but Dorothy is concise in her explanations and backs them up with current research. It's enough information and explanation to make sense and wrap your head around without giving too much to sort out and digest. (pun intended) That, combined with sharing her story validates the "been there, done that" piece and sets Stuff Your Face... apart from so many others. At least it did for me. Also, it has validated my own journey and given me a resource that I will return to again and again to start on another piece of my puzzle. There is a lot in Dorothy's book, and the one caution I would offer is not to try to do everything at once! As she said at the end, take one little itty bitty step at a time. I've

known the wonderful sense of freedom of decluttering my own stuff and the powerful changes that happen when I help others declutter. *Stuff Your Face...* completes the circle by opening the windows wide to decluttering weight. It resonated loudly with me; I hope you will experience the same.

I had the most amazing AH HA moment after reading Dorothy's book. I have always struggled with weight my whole life. You name the diet - I've tried it. Although I have had success with each diet as soon as I go off the diet I put on the weight I lost and then some. After reading her book I finally have come to terms with why I have not been able to succeed. Since reading her book I have made major changes with the physical clutter in my life and the body clutter on my body. For all those fellow YO YO dieters out there GET THIS BOOK. Unlike other books written by skinny people with personal trainers but never deal with the real reason why we are grabbing those bag of potato chips to begin with it was refreshing to read how Dorothy has struggled with weight issues and how she realized she was not facing the stuff in her life which caused her to stuff her face. Dorothy's transformation after losing 75 pounds is amazing. You will love her stories woven within the book about her adventures on Hoarders.

As an overweight professional organizer, like Dorothy used to be, I was eager to read her story. How could I not be? What if she had a magic formula for me? Well, there's no magic, but there is a formula: One step at a time. She is very candid in discussing her own stuff, which includes various forms of emotional clutter, and who doesn't have some of that? I recognized myself in the section about needing more sleep, and noticed that for every issue, or form of clutter or stuff, she explains what it has to do with to food and gaining weight. Then she gives tips for facing your stuff and clearing your clutter (all types), paving the way for the life you really want. Thanks, Dorothy!

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