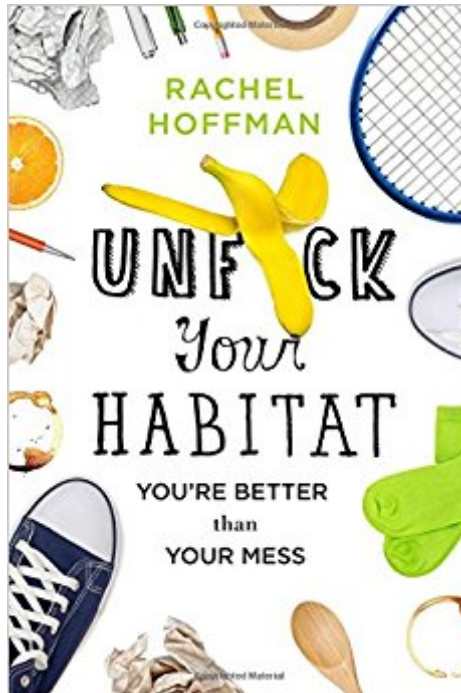


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# Unf\*ck Your Habitat: You're Better Than Your Mess



## Synopsis

Finally, a housekeeping and organizational system developed for those of us who'd describe our current living situation as a "f\*cking mess" that we're desperate to fix. *Unf\*ck Your Habitat* is for anyone who has been left behind by traditional aspirational systems. The ones that ignore single people with full-time jobs; people without kids but living with roommates; and people with mental illnesses or physical limitations. Most organizational books are aimed at traditional homemakers, DIYers, and people who seem to have unimaginable amounts of free time. They assume we all iron our sheets, have linen napkins to match our table runners, and can keep plants alive for longer than a week. Basically, they ignore most of us living here in the real world. Interspersed with lists and challenges, this practical, no-nonsense advice relies on a 20/10 system (20 minutes of cleaning followed by a 10-minute break; no marathon cleaning allowed) to help you develop lifelong habits. It motivates you to embrace a new lifestyle in manageable sections so you can actually start applying the tactics as you progress. For everyone stuck between *The Life-Changing Magic of Tidying Up* and *Adulthood*, this philosophy is decidedly more realistic than aspirational, but the goal is the same: not everyone will have a showcase of a home, but whatever your habitat, you deserve for it to bring you happiness, not stress.

## Book Information

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## Customer Reviews

"*Unf\*ck Your Habitat* is the perfect housekeeping guide for somebody who is overwhelmed with their mess and can't figure out how to start or somebody who is always starting marathon cleaning projects only to watch everything go to hell again."

Lifehacker "Hoffman's approach to tidying up is blunt, utilitarian, and [the epitome of] a moderation diet: Do what you can, when you can, and stop beating yourself up about it. Elle "If squalor has become the default state of your living space, author Rachel Hoffman is going to help you snap out of it." Crave Online "[An] accessible guide on how to clean for normal people — people too broke to hire a maid, college students, perfectionists and more. — Livestrong "This is the only system that has ever worked for me because it feels doable and practical, and like she is appealing to me right where I am. It actually changed my life and my home; I'm serious." Book Riot "Who else has scoffed at cleaning books and thought, 'Yeah, OK, but? They just seem unrealistic, and nobody has time for that, anyway. But before you accept that your home will forever be a pigsty, there's a book out there that speaks to people like you and me. Rachel Hoffman's *Unf\*ck Your Habitat: You're Better Than Your Mess* is the cleaning guide that you've always needed. It sets totally doable goals while keeping in mind that you have a life. — POPSUGAR "Unf\*ck Your Habitat is a practical guide on forming habits by taking small steps, incrementally addressing messiness and personal weaknesses. As you reach your goals every day, you become a neater and more disciplined person while allowing for natural laziness. — Quartz "A must-read for people who are terrified by Marie Kondo but intrigued at being able to see their floors again." — Cory Doctorow, New York Times bestselling author of *Little Brother* "I will forever sing the praises of Rachel Hoffman —, her unfussy, no bullsh\*t advice — most of it is as applicable to *How You Think as How You Clean*. — Kelly Sue DeConnick, author of *Bitch Planet* "Unf\*ck Your Habitat has the potential to change your life and to improve your mental outlook in truly beautiful ways. So don't let the hilarious and sometimes obscene advice fool you - this book is important and it is a good, good thing to have in the world." — Sara Benincasa, comedian and author of *Real Artists Have Day Jobs*

RACHEL HOFFMAN launched *Unf\*ck Your Habitat* in 2011 to motivate regular people to get up, start cleaning, and get their lives in order. Her advice has appeared in publications including *Persephone Magazine*, *xoJane*, and *Glamour*. Rachel lives in New England with her husband and three Chihuahuas.

I have something of a hobby of playing with housework and organizational systems. UFYH is one I am particularly fond of, as it addresses the idea that we do not all have the husband, 2.3 kids, picket

fence and a dog. I especially like Hoffman's no-nonsense approach that is tinged with compassion for people who experience challenges. This is very much a "Beginner's Housekeeping" book, however, and for people who are very much overwhelmed. If your house is pretty much okay without piles of junk, you're not going to see a dramatic difference in your home, as you're already up to a good, basic standard. You might still find many of the concepts useful (I did!) and it's an enjoyable read. Hoffman's writing voice is wonderfully warm and readable. This book is specifically for the many, many people who struggle with keeping up home and chore organization. And for that, it is excellent.

I wasn't quite sure what to expect when I started UfYH. I'm someone who adores Marie Kondo's *The Life-Changing Magic of Tidying Up* but finds it highly impractical for real life. The blurb (and, of course, title) for UfYH caught my eye, so I had to give it a try. Rachel Hoffman has a friendly, no-nonsense writing style that makes her relatable from the start and is sure to set any reader at ease. What sets UfYH apart is that Ms. Hoffman recognizes that a large majority of people who are cleaning and organizing their space aren't traditional homemakers. This book addresses a wide range of people, highlighting issues that arise for single people with full-time jobs, those with roommates, students in dorm rooms, people with mental illness or physical limitations, and so forth. I was impressed by the inclusiveness of this book first and foremost. Ms. Hoffman provides helpful tips for multiple situations and gives ideas on how to talk people should you require assistance. I have never before seen a cleaning/organizational book that addresses such a wide range of people who don't live in the traditional homemaker model, and I really appreciated it. Glossy magazine articles and idealized Pinterest home organization pins give the idea of a home that is just not attainable for most people. Ms. Hoffman's 20/10 system (twenty minutes of cleaning and then a ten minute break) is modifiable for those who need it. Furthermore, her method of cleaning and organizing is one most people can adapt to their needs. In this book, there's no shame in being overwhelmed and not knowing where to start. Ms. Hoffman's tips and tricks keep you on-task and prevent you from getting worn out and giving up. All in all, I found UfYH to be an interesting, motivational, and most importantly a practical book for a wide range of people interested in making their home a more liveable space.

I like books like this that don't hold your hand and tell you it's really not your fault. Yeah, it is. No one

is born a slob. I have too much stuff and this book has helped me get a grip and get hard-hearted about letting go. After making the transition from a big city life to a rural farm existence I refused to let go of lots of clothes, handbags, office/business supplies, fancy stuff of all kinds. I've held on way too long and it is leaving the house in bags and boxes. My husband is a pack rat as well, and I need to tie him to a chair and force him to read this book. Get it-it will help you get your mind uncluttered.

This book is a great motivator to get you to reorganize your home without killing yourself or feeling bad. Even if you are somewhat handicapped in some way or dysfunctional about organization, this book will help you see the light of day, literally, from between your mounds of clutter. I started reading this because it was a part of a discussion group, and everyone in the group finds this book helpful, especially if you are trying to move, sell your home or live in a small space. You DO obviously, need to be able to endure the salty language of the author, which does not bother me a bit, but if you are looking at the title you probably realize that without picking the book up.

I love this book! While the information provided in the book might be information you have heard many times before, the author puts it in a way that makes you realize you are not alone in your messiness! I feel like I can actually tackle cleaning, whereas before it seemed like this big daunting task that would never end (although the author does like to point out true cleaning is a never ending task).

This book made more sense to me than most decluttering books. It helped me to understand myself and my cleaning style.

So good. I somehow didn't realize that I was a failing marathon cleaning perfectionist - I gave one spot a dedicated 20 minutes then noticed the difference before I walked away. I'll get to the rest tomorrow. Thanks Rachel- fantastically relatable read!

Excellent book. Informative and therapeutic. I'm a fan of the app and site, and found it to be a an excellent source for motivation, ideas, and talk through written by an author that knows what you're up against and ways to get yourself out. I revisit the book often.

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