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Unfuck 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--king mess" that we "really need to get around to fixing one day". Unf--k 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 stay-at-home moms 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 guide helps you develop lifelong habits. It motivates you to embrace a new lifestyle in manageable sections so you can start applying the tactics as you progress. This philosophy is 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

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 Kondō'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 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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Unf*ckology: A Field Guide to Living with Guts and Confidence Hedgehogs as Pets: Your Complete Owners Guide, Featuring ãçâ -ËœThe African Pygmy HedgehogÃçâ -â„ç: Everything you Need

to Know, Including, Hedgehog Facts, Food, Cages, Habitat and More Gardening for Birds, Butterflies, and Bees: Everything you need to Know to Create a wildlife Habitat in your Backyard What Your Clutter Is Trying to Tell You: Uncover the Message in the Mess and Reclaim Your Life Better Homes and Gardens Baking: More than 350 Recipes Plus Tips and Techniques (Better Homes and Gardens Cooking) Firmer Figures: Fess Up or Mess Up: How to Spot the Signs Your Small Business Is Failing so You Can Fix It Before Anyone Finds Out Find Who You Were Born To Be: Explore Your Personality, Discover Your Strengths, Make Better Life Choices Than Suit Your True Needs Less Mess Less Stress: Minimalist Routines To Declutter Your Environment, Unload Your Mind And Optimize Your Day Less Mess Less Stress: Minimalist Techniques to Declutter Your Environment, Unload Your Mind and Optimize Your Day How to Study Poker, Volume 1q: Techniques for Making You a Better Player Today Than You Were Yesterday How To Study Poker: Volume 1: Techniques For Making You A Better Player Today Than You Were Yesterday Smart Lotionmaking: The Simple Guide to Making Luxurious Lotions, or How to Make Lotion That's Better Than You Buy and Costs You Less (Smart Soapmaking Book 3) Smart Lotionmaking: The Simple Guide to Making Luxurious Lotions, or How to Make Lotion That's Better Than You Buy and Costs You Less (Smart Soapmaking) Knitting With Dog Hair: Better A Sweater From A Dog You Know and Love Than From A Sheep You'll Never Meet A Perfect Mess: Why You Don't Have to Worry About Being Good Enough for God Stupid Things Parents Do To Mess Up Their Kids: Don't Have Them If You Won't Raise Them How to Grow More Vegetables, Ninth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land with Less Water Than You Can Imagine

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