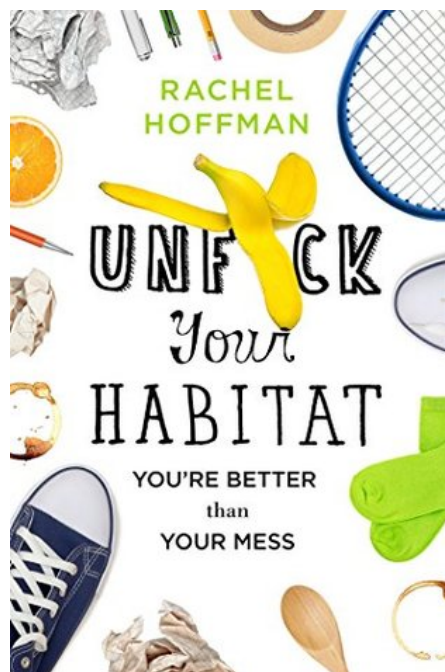




Unf*ck Your Habitat: You're Better Than Your Mess

Rachel Hoffman

[Download now](#)

[Read Online](#) ➔

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

Rachel Hoffman

Unf*ck Your Habitat: You're Better Than Your Mess Rachel Hoffman

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.

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

Date : Published January 3rd 2017 by St. Martin's Griffin

ISBN :

Author : Rachel Hoffman

Format : Kindle Edition 222 pages

Genre : Nonfiction, Self Help

 [Download Unf*ck Your Habitat: You're Better Than Your Mess ...pdf](#)

 [Read Online Unf*ck Your Habitat: You're Better Than Your Mes ...pdf](#)

Download and Read Free Online Unf*ck Your Habitat: You're Better Than Your Mess Rachel Hoffman

From Reader Review Unf*ck Your Habitat: You're Better Than Your Mess for online ebook

Kathleen says

Bon. Ik las dus een boek over opruimen en huishouden. Volgens mij gaan er maar weinig mensen, laat staan boeken er in slagen om mij enthousiast te krijgen over die twee zaken. Maar kijk. Het kan. Dit is een heerlijk boek waarin lekker gevloekt wordt en mensen als mensen gezien worden, niet als robots die een planning maken en zich er aan houden. Er wordt rekening gehouden met de mentale staat van de mensch, dat die niet altijd honderd procent in orde en dat je daardoor soms niet de energie hebt om op te ruimen of je huis een beetje te onderhouden. Dat was een verademing, vond ik.

Er wordt niet verwacht dat je je huishouden perfect runt, maar er worden concrete tips gegevens waardoor je het beter kan doen. Tips die zo logisch klinken als het maar kan zijn, maar die toch van pas komen.

Soit. Ik heb zin gekregen om beter mijn best te doen om mijn huishouden en rommel een beetje te onderhouden. Nooit gedacht dat het zover zou komen.

Liz says

Rachel Hoffman comes across quite peppy throughout the book, the writing and overall 'atmosphere' is relaxed in her writing. There is loads of great cleaning advice and how to go about getting help or devise a strategy when it comes to tackling the task for different groups of people.

There is also a lot of reassurance that, no, your home doesn't have to look like something we come across in magazines and not to feel guilty when you just can't/don't want to clean. We're all human, after all! There is a step by step guidance for people who have never had to clean in their lives before- how to start, top to bottom, what to use, etc etc... so essentially, it is a helpful book, no doubt about that.

Rachel says

I've never been much of a cleaner. As a kid I had my chores, which I grudgingly did, but my room was usually on the messy side. In college it was a little better, mainly because I didn't want my roommates to hate me, but it was pretty much the bare minimum. One of my friends (not a roommate) gave me an unsolicited, color-coded, hand-drawn cleaning schedule freshman year because she saw some dustbunnies under my bed. I thought she was nuts, god love her. Now I kinda wish I'd gotten in the cleaning habit with that damn chart (I will NEVER admit that to her and she will never read this, so I'm safe).

Fast forward to now when I'm very pregnant and trying to prepare a small living space for a (hopefully) small child, I realize my habitat needs some major unfucking. Don't get me wrong, it's not like an episode of Hoarders or anything, but some areas are cluttered/dirty enough to stress me out.

Enter "Unfuck Your Habitat." This is common sense, practical advice for people like me who kinda didn't

give a fuck about cleaning and then suddenly did. It's also designed for people who may have physical or time limitations, which many do. It encourages you to realistically assess and tackle what you're able to without becoming overwhelmed by the big picture of *everything* that needs doing.

Hoffman's advice isn't groundbreaking, but it's useful and presented well (if a little a repetitively). I particularly like the approach of resisting the urge to "marathon clean." You know, the cleaning that takes *hours* and leaves you sweaty and miserable and burned out. Instead, she suggests 20/10s, which comprise cleaning for 20 minutes and taking a break for 10 minutes. I can't speak for everyone, but this method really works for me, and this book has gone a long way to helping me tackle messes instead of hiding under a blanket and wishing them away.

If you're already a reasonably clean/neat person, this isn't gonna tell you anything new. If you're like me and easily find yourself getting anxious and overwhelmed and self-flagellating about the state of your living space, and if you like the word fuck, this is a useful tool.

(Thanks Netgalley)

Olivia (The Candid Cover) says

If you are looking for motivation to get up and get cleaning and organizing your environment, then this book might provide you with the encouragement that you are looking for. While, there are some great suggestions and a good foundation with the 20/10 system that Rachel Hoffman has developed, this book seems to spend more time talking than actual doing. I was hoping that there would be more concrete ideas and actual time saving techniques to improve upon my own housekeeping endeavours and I just came away from this one wondering what I had achieved in reading it.

As you can gather from the Goodreads synopsis, this book is not a traditional approach to housekeeping. There are ideas for everyone including students and those with disabilities. I applaud Hoffman for such an inclusive book and if you are struggling with ideas on how to get up and get motivated, then I suggest that you do give this book a try. Most of the suggestions contained in this one are motivational and may assist those who are living in a situation that is highly disorganized and not cleanly.

While there are attempts to help push those who need to clean their environments to get up and start cleaning, I found that there were very few ideas on how to actually clean and organize in this book. The method of cleaning and taking small breaks (20/10 system) is one that is useful, but I would have preferred a focus on what to actually do in those 20 minutes. Yes, there are a couple of ideas, such as decluttering a work surface, but the book just seemed to go around in circles telling readers to get up and get cleaning.

Admittedly, towards the end of this book there are a couple of lists to use while cleaning and a few ideas on how to generally clean if you have never done so before. However, there is not one image or much else beyond this. So, if you are after a book that tells you how to clean, this one is not for you. The author does mention that those glossy home organization books and magazines provide stress to those of us who cannot live up to these standards, but in my opinion, I think a picture sometimes speaks louder than words in a book that contains techniques and ideas.

Unf*ck Your Habitat is book that is a very motivational read for anyone struggling to live in a clean environment. If you already have the desire and are looking for concrete examples of how and what to do to clean your space, this book may provide you with a couple of ideas, but I would not say it is a comprehensive book on how to clean.

Lauren Kayes says

I have always seen myself as a messy person. I have a lot of shame tangled up in that, thanks to living most of my adult life in small spaces (dorm rooms, single room in someone else's home, etc) with depression and a physical disability that went undiagnosed for years. There are days when I can barely get out of bed, let alone do a full sink of dishes, and I have spent a lot of time internalizing the feeling that I am lazy or doing things wrong. Shame is a paralyzing creature when it comes to our living spaces and the judgment that pervades them.

This book not only acknowledges physical/mental illness and the shame most of us feel about our mess, but also provides solutions and encouragement. I tried *The Life-Changing Magic of Tidying Up* and found it almost completely inaccessible; also read Martha Stewart's *Housekeeping Handbook*, which has some great cleaning/organizational basics, but assumes that everyone reading it is a spry housewife with an enormous home that they own and every hour of the day to spare. I'm a disabled 20-something with limited energy and limited space--I rent a 700 sqft apartment in Los Angeles, and previously had all of my belongings in one small bedroom in a condo that belonged to someone else (so the common areas were shared space of a sort, but it wasn't my home, so my stuff couldn't really live in them). Trying to tackle organization and cleaning when you have your entire life crammed into a shoebox and can't handle day-long marathon sessions (or even hour-long sessions, most days) is virtually impossible.

I went into this book expecting to be left out of the conversation again, so I was pleasantly surprised and relieved to find that that was not the case. While I wish there were more solutions for disabled folks, that topic could probably take up a whole other book; I did appreciate that asking for help is addressed, as well as the difficulty most of us have with doing just that. I feel seen and heard and invigorated to tackle small things when I can and to make slow changes and progress. Will absolutely recommend this to anyone, especially my fellow spoonies.

Lauren (My Expanding Bookshelf) says

Unf*ck Your Habitat is a self-help book for cleaning - it's probably primarily aimed at young adults and those leaving home for the first time. Surprisingly, for a book about cleaning, I actually quite enjoyed reading Unf*ck Your Habitat and couldn't put it down!

Personally, I think Unf*ck Your Habitat is the perfect book for those learning to keep a house. It's full of so many tips to help clean and I particularly liked the 20:10 idea, as well as the tips for moving house. I also thought the checklists at the back were very handy and they mean that nothing is overlooked.

I loved that Unf*ck Your Habitat acknowledges that your home will never be a pristine 24/7 and that we don't live in show homes. I mean I think I'm fairly tidy, but life happens and things come up so you can't be chained to the kitchen sink. I also loved that Unf*ck Your Habitat discusses specific issues, such as physical and mental health and even hoarding. These can most definitely hinder someone's ability to clean.

I found Unf*ck Your Habitat to be such a unique self-help book for cleaning (not that I've read many books about cleaning). But the humorous and colloquial language used by Hoffman makes it entertaining and I for one wanted to get up and start cleaning. It's such an easy to relate to book and, dare-I-say-it, it makes the idea of cleaning fun.

I do, however, wish there were slightly more detailed and specific tips throughout Unf*ck Your Habitat. I found that the book spoke in length about a handful of tips really - particularly reiterating the 20:10 idea a lot. I also think the book could have included a few photos or diagrams as examples to reiterate a few points, particularly during the discussions about the benefits of taking before and after pictures.

Unf*ck Your Habitat is a very good read, full of get-up-and-go. I would recommend Unf*ck Your Habitat to young adults and those moving away from home. I think even busy professionals may pick up a few tips too. It's a great starter for cleaning anyway, and I think a lot of people may benefit from this book.

I received a copy of Unf*ck Your Habitat via Netgalley.

This review and many more can be found at My Expanding Bookshelf.

Jennifer says

I've been a fan of this organizational system for years; the Tumblr changed the entire way I deal with mess. I'm still not perfect - I struggle with making my bed every day. But through my depression and stress and dislike of cleaning, my house is always a few 20/10s away from being presentable. The idea of breaking things down to manageable tasks is so simple, but it works. I like that the book addresses gender issues, problems with living with other people, and disabilities. A short, but useful book, for sure.

Nikki "The Crazie Betty" V. says

A seriously great read that I will refer back to constantly. Great tools for cleaning different rooms in your house, as well as daily, weekly, monthly and seasonal checklists to use. It's formatted really well so that you can easily skip to those areas that are the most pertinent to you. For example, I don't live in a dorm or with roommates so I was able to skip the sections about living in small spaces and how to co-exist with roommates or parents. Must read for anyone that is looking for something different to help them get organized and get their house clean in a realistic fashion. Puts the kibosh on things like perfectionism and marathon cleaning. I felt like these sections were speaking to me directly. This is the book that all real people need. It's not for people that think the glossy pictures in the magazines are how real people live; it's for those of us that can't seem to ever keep our kitchen table cleared off, furniture dusted, or the floors vacuumed. It's for every person that has had to hastily throw stuff into a closet or a closed room when you find out guests are coming over. This book helped me feel like less of a failure, or more like every other human in the world who has more to do than just clean their house.

I'd recommend this book to absolutely everyone. Whether you rent, live in your parents basement, live with roommates, or only have your spouse to help out; this is the book for you.

I won this book on a GR giveaway and have provided a review of my own accord.

Jessica says

I received an advance copy of this from NetGalley in exchange for an honest review.

I'm an American woman in the 21st century, so I've spent my time ogling the sunny spreads in Real Simple, I've tried to Kondo my closet, and I've been immersed in a society that tells me that I am the one who is better at cleaning and men are simply lovable, hapless dolts who might choke on the toilet brush if I ask them to clean something.

Let's be real, that's all garbage. And UfYH knows it and calls it out. My home isn't perfect and neither is my life, but I know that a small cleaning effort repeated over and over again can make a difference. UfYH calls out excuses vs reasons, the garbage that is gender roles in cleaning, and the simple fact that cleaning sucks. It's a circular task, it's never done. But if you do it and do it again, you'll make progress, because "you're better than your mess". I don't highlight when I read on a Kindle, but I think I highlighted over 20 passages in this that stood out to me. UfYH tackles situations that aren't addressed by Kondo or Real Simple, like dealing with mental or physical illness and how it affects cleaning, or the art of dealing with roommates or dorm rooms or living in your parents' house and how power dynamics can mess with it. There's discussion of hoarding and its affects on the children of hoarders. There's swearing and acknowledgement of the emotional effect of messes on our lives. I loved this enough that I'll end up buying a hardcover copy for myself and I'll be recommending it to my patrons when it's available.

(Note: I've used the UfYH website and app for years, but this is all of that condensed into an easy to read, no bullshit book.)

Nakia says

One can always tell when a blogger gets a book deal. They usually have just a few points to make and become long-winded to stretch their points into a book. That being said, this is cool information that will be especially helpful to people with disabilities (it had never dawned on me how difficult house cleaning might be for those who are ill or disabled, and this is a lighthearted way to address the situation), but this could have been condensed to a pamphlet, or stayed a blog.

Jaidee says

3 "helpful but potty-mouthed" stars !!

A friend of mine asked me to read this and let me know if I thought it was suitable for her 21 year old daughter who is highly creative, highly accomplished but who keeps her home in my friend's words, like a "pig sty". I should mention this young woman struggles with significant ADD and OCD.

I, myself, thrive on a clean fresh home but I do not mind a bit of clutter and in fact if the clutter is organized and aesthetically pleasing I feel most comfortable. My partner is a symmetrical minimalist and actually enjoys purging and frequent cleaning. We have decided that the bedroom, family room and basement are my domain to decorate and upkeep and his are the living room, dining room, home office and kitchen. We each have a separate bathroom. This works really well for us as initially when we moved in together there was a fair bit of conversation as I did not want to do chores daily the way he does but I prefer to do a few hours on the weekend with minimal upkeep during the week. We found something that has worked beautifully although many of my friends struggle with their spouses, partners and children due to different standards and preferences.

Back to the book: The book takes a very compassionate but firm approach to cleaning and tidying and

address to a superficial degree people with chronic pain, depression and perfectionism as well as people that are on the lazy or entitled side. The strategies were logical, helpful but definitely not brand new, innovative or rocket science. I did not find that it dealt enough with people with OCD or attentional issues so I would not recommend to my friend's daughter.

There are also helpful sections on dealing with passive-aggressive housemates as well as assertive communication strategies to assist those wanting and needing help from friends and family.

My one pet peeve about this book is that the author had a potty mouth and this was a big turn off. The occasional expletive for fun, emphasis or expression of emotion is fine but swearing on every other page is a big turn off. She may keep a clean house but her mouth and keyboard need to be washed out with soap....just sayin'

Overall, I think this would be most helpful to young adults with mild to moderate challenges with cleaning, tidying and/or mild hoarding as well as a fair degree of motivation for change. For those that have more significant challenges professional help as well as implementation of cleaning services would be much more helpful !!

Hayley says

Review originally posted on my blog: <https://rathertoofondofbooks.com/2016...>

I simply had to request this book when I saw the title as this is exactly what I needed to know in that moment – how to unf*ck my habitat! I am a fan of decluttering books – I can't resist them (which I do realise is some kind of irony that I'm collecting books about how to stop cluttering up my house)!

My mum wasn't a hoarder but she did find it difficult to part with things that had any kind of sentimental value and as a result I grew up with the same mindset. The amount of times I've not being able to get rid of something I really don't like purely because I love the person who gave it to me is ridiculous. I need to streamline my house though – I'm now permanently disabled and housework is physically difficult for me without adding in a load of ornaments and trinkets etc.

This book is one of the best decluttering books I've read because it's the only one I've read that acknowledges that life is busy and we don't all have the time or energy to declutter our houses in one go. Rachel Hoffman advocates a 20/10 approach – do twenty minutes of decluttering and then have a sit down for ten minutes to take stock of things. You can do as many of these as you want in a day but she stresses that the sit down is as important as the decluttering. I had a go at this as I was reading the book and it's a revelation how much you can get done in twenty minutes when you're forced to focus! I've now adapted this into daily life and I do all the chores, as well as the decluttering, in twenty minute bursts followed by a rest.

Hoffman also includes sections for if you are ill/disabled, if you have a very busy life, if you live with someone who has a different attitude to tidying up to you, or if you live in a very small space (including if you live in one room of your parents' home). There are short tasks given throughout the book along with longer chapters on exploring why you have clutter and how to work through having a more streamlined home.

This is a quick read but the lessons in it have been invaluable to me and genuinely have led me to re-evaluate my approach to keeping my home clutter-free. I'd recommend it to anyone who is struggling with clutter because I'm sure that everyone will find something in this book that helps them make a start.

I received a copy of this book from St. Martin's Press in exchange for an honest review.

Unf*ck Your Habitat is due to be published on 29th December in the UK and can be pre-ordered now.

Toni says

This little charmer is the perfect book for young adults who have no idea how to clean anything! The author also deals with people who aren't lazy about cleaning, but have real issues with it. Anyone with physical or mental disabilities will appreciate the respect this author grants them with honest and sincere suggestions. I first thought this was too light-weight to be of any help and most of the topics had been dealt with a million times. The practical advice and the humorous style will help anyone clean for twenty minutes. The tips at the end of the book are priceless. Add this one to your list!

Thank you once again, Netgalley.

I was arguing with myself whether to rate this a 3 or 4. The author's practicality and humor won me over so I'm going with 4 bright, shiny, clean stars!

Hristina says

Copy received through NetGalley in exchange for a fair review

Confession time: My room is a mess. It's not something I'm proud of, but it's the truth. I needed this book in my life, and I am positively surprised by it. I loved the tone Mrs. Hoffman uses, so relaxed and warm. The tips she offers are great, and her understanding of how different groups of people look at cleaning amazed me (as a person who has mental illness, I was happy to see that the issue I have with this chore isn't abnormal).

I think that all people who have trouble cleaning and organizing need this book. It can help anyone.

Vanessa says

I requested this book for review from Pan MacMillan - thanks to Jean for sending it to me!

This is an absolutely fabulous little resource for anyone that wants to essentially get their shit together when it comes to their home. Simple, to the point, but incredibly inclusive and with a lot of practical tips, this is really what I wanted that wasn't delivered by *The Life-Changing Magic of Tidying Up*. It's all about the realness, yo.

What I liked about this particular book was that Hoffman includes tips for *everyone* - parents, people with chronic illness, lazy people, those battling mental illness... everyone. I don't think I've ever seen one of these kinds of tidying manuals that actually recognises that some people have real problems/issues in their life that might prevent them from making their home into a Pinterest-perfect oasis.

Hoffman not only introduces her 20:10 rule, which I have already started implementing here and there (and **love** - I mean who doesn't like to take enforced breaks when cleaning?), but she also gives you practical tips

on *how* to clean (because some of us just aren't in the know), checklists for daily, weekly, monthly, and seasonal tasks you can do, and little quick tips here and there for random quick fixes. The emphasis is on not getting it perfect, and not doing everything at once in a marathon cleaning session, but just doing *something*. *Anything* really. And I love that approach.

I did feel like Hoffman went a little off topic towards the last section of the book - there was a section on being organised with your schoolwork/work-work, and that to me didn't need to be there. It's a book about cleaning, not other kinds of work. What I was hoping for in that section was suggestions on how to make time for cleaning/tidying when you have a hectic work or school schedule, but it didn't exactly pan out like that. But to be honest, it's a small gripe, and overall I thought the book was an excellent resource to return to time and time again. I know if I ever move home in the future (which I most likely will at some point), this book with its moving tips section is going to really come in handy.
