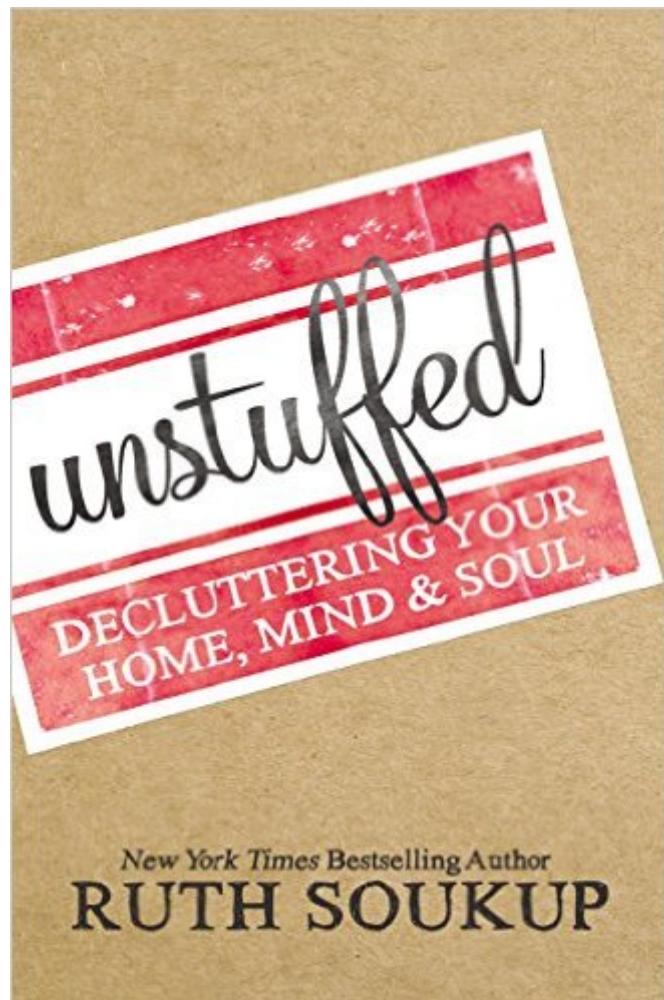


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# Unstuffed: Decluttering Your Home, Mind, And Soul



## Synopsis

STUFF.Â It's everywhere.Â Lurking in corners and closets, spilling onto counters and coffee tables, creating havoc everywhere we look.Â And it's not just the physical clutter that weighs us down.Â Oh no, it is the stress of overbooked schedule, and the weight of a life that sometimes feels oppressive and totally out of whack. New York Times bestselling author Ruth Soukup feels your pain--she has been there too. Through personal stories, Biblical truth, and practical action plans, she will inspire and empower each of us to finally declutter not just our home, but our mind and soul as well. Unstuffed is real, honest, and gets right down to the question we are all facing--how can we take back our lives from the stuff that is weighing us down? In this book we will:Create a comprehensive vision for our homes, and make instant changes to improve its overall function. Discover that more closet space is not the solution, and instead learn how to set strict limits for the stuff we bring in. Overcome the frustration of dealing with our kids' influx of stuff and implement practical solutions for keeping the chaos at bay. Recognize the pitfalls of an overstuffed schedule BEFORE it gets out of hand, and instead learn to combat the culture of busy that keeps us running from one thing to the next. Finally conquer that mountain of paperwork that threatens to tumble down around us at any moment. Let go of the guilt that gets attached to gifts and instead learn to separate our loved ones from their stuff. Begin to cultivate our real friendships while eliminating the toxic relationships that weigh us down. Who Needs This Book? Unstuffed was written for anyone who feels stressed out or weighed down by a life that feel chaotic, out-of-control, and completely overstuffed. It speaks to the mom who is overwhelmed by the clutter that comes pouring into every facet of her home and schedule, from trinkets and paperwork to endless obligations and activities.Â It is for the woman who craves not just a step-by-step guide to ridding our lives of STUFF, but a true understanding of why our lives become so stuffed in the first place--and what we can do to stop the madness, once and for all. Most of all, it is for the person who is tired of feeling guilty for not being able to do it all, the woman who can't ever quite seem to keep up with other people's obligations of what her home is supposed to be, the mom who is exhausted by always trying to get it right. Want to know if this book is for you? Have you ever found yourself buying more storage containers to organize stuff you probably should have just gotten rid of? Do you ever find yourself frustrated that even when you do manage to get your house cleaned up, it never seems to stay that way? Do you sometimes feel like you can't keep up with all the activities and obligations you have committed to? Do you ever struggle to find an important piece of paper because there are just too many pieces of paper to keep track of? Have you ever felt guilty for getting rid of something that was a gift, or held on to something you didn't really like because

someone gave it to you? Do you feel like there are people in your life who simply suck the life out of you? Have you ever felt like you need more balance? If the answer to any of these questions is YES, this book provides real and practical solutions from someone who has been there. Ruth doesn't just offer advice, she walks it with you, and shares with brutal honesty her own mistakes, failures, and shortcomings. It is encouraging, motivating, and life-changing.

## **Book Information**

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## **Customer Reviews**

The first thing to remember about **UNSTUFFED** is that it is not really about getting rid of clutter. Yes of course, the author does talk about getting rid of unwanted stuff, but that's not the real point. The real point, Ms. Soukup explains, is that you get rid of this stuff so that you can see what is REALLY important in life. It could be relationships, it could be your family, it could be lots of things--but the clutter is getting in the way. The author freely admits that she really feels the attraction of accumulating things: I love to get stuff. I love to give stuff. I love the idea of stuff. I love getting a good deal on stuff. Stuff is pretty. Stuff makes me happy. Of course, we should strive to simplify, but here's the key: "Becoming unstuffed, truly unstuffed, is much more than that. It's changing the way we look at our homes and the stuff we live with. It's changing the way we look at our schedules and the stuff that fills our time. It's changing the way we look at our relationships..." As for the practical ideas, the author presents 10 simple habits, which alone can go a long way to help you simplify your life. They are not earth-shattering ideas; rather, they are simple but effective ways to achieve a lot for a little time. Here are a few: making your bed properly,

promptly trashing junk mail, or even just cleaning the kitchen sink. Each of these habits only take a minute or two, but they are a good step to simplifying and de-cluttering your home. Much of the emphasis in *UNSTUFFED* is how to deal with clutter in your family--especially in buying your kids things. The author suggests that you teach the kids the value of money, by helping them to associate the reward with the effort. In particular, she teaches her own kids that money comes from hard work. The entire theme of *UNSTUFFED* is based on Christian, biblical principles. Ms. Soukoup was confronted with a simple, but profound question years ago. She now asks the reader the same question: "What are you doing with God's money?" Are you being a good steward, or trying to forever get more and more? Ruth suggests a simple answer: Instead of chasing after more and more goods, a Christian can simply choose to be **CONTENT**. Making that simple (but tough!) choice will tend to lessen the urgency of accumulating more and more goods. Part of overcoming the cluttered lifestyle is to decide to sometimes just unplug. This might mean keeping your weekends free, or it might mean taking a nap sometimes. You give yourself permission to unplug. Just like the Biblical principle: "We were made to rest. I was made to rest. Balance isn't something I can do, giving myself and my family time for rest is something I can be more intentional about." At the very end of the book, the author presents a spiritual lesson in how to really achieve an "unstuffed" life: "The only way to become truly unstuffed is to accept the amazing, incredible, unlimited, and totally undeserved grace we've already been given and to stop trying to fill that hole ourselves. Grace is the answer we are often too stubborn to believe and too proud to receive." *UNSTUFFED* is a surprising book. If you're just looking for a book of practical tips, you might find the spiritual side unsettling. Again, it's not simply a book of tips and tricks to make your life a little bit simpler. *UNSTUFFED* does indeed have those practical tips, but that's not the main thing, that the author wishes to convey. In short, *UNSTUFFED* is a lot more than practical tips. It's actually a philosophy of life. For a related title by this same author, I recommend *Living Well Spending Less: 12 Secrets of the Good Life*. For another perspective on de-cluttering your life, see, *Spark Joy: An Illustrated Master Class on the Art of Organizing and Tidying Up*. Advance Reading Copy courtesy of Netgalley.

I like pretty things. I love shopping for sales. I want what others have. The only way I have found the strength to stand up to these likes, loves, wants is to know that what I'm choosing is better. In her newest book entitled, *Unstuffed*, New York Times Bestselling Author, Ruth Soukoup offers a practical guide for anyone looking to de-clutter their life. Ruth understands that although the de-cluttering process starts in our homes, it must also carry into our hearts and our habits. Through

honest storytelling and fantastic application questions at the end of each chapter, Ruth invites her readers to journey with her towards a beautifully uncluttered life. She asks hard questions and offers practical solutions, never losing sight of the fact that Unstuffed isn't a destination but rather a determination to live our best life. A life that is not cluttered with possessions has room for productivity and prosperity. Ruth inspires her readers to make small, purposeful changes that impact the quality of their life from a multitude of different angles. This book is about so much more than de-cluttering your closet! Ruth also tackles tough issues like managing stress, building healthy relationships, understanding why you impulse buy and dealing with pack-rat children. As a person who takes de-cluttering very seriously and has for more than a decade, this book confirmed what I have known in my heart for a long time: Cutting the clutter out of our lives is the first step towards peace, tranquility and financial freedom. Ruth is genuine and authentic, and I would not recommend this book to you if I didn't believe it was going to help you.

I have read many home organization books but to be honest, they are usually hard to read and more of a checklist instead of digging deeper into the real issues. This book has three sections – Home, Mind and Soul. In the Home section, Ruth really relates to her readers. Explaining how we feel obligated because of gifts and overwhelmed with too much stuff. She gives lots of tips for cleaning – my favorite was "focus on only one area" – best advice ever. She goes on to explain that no matter how much or how little you do, everything is an accomplishment. I constantly need a reminder to live a meaningful life instead of filling my time with unimportant tasks. Soul is the third part of her book, which touches on friendships, wellness and balance – each an important part of every person. This book is a quick read but I highly recommend taking your time and marking pages for reference. In addition to the amazing writing, Ruth offers worksheets, checklists and other information for decluttering your life. She will also be offering a DVD study to go along with the book. I can't wait to check it out.

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