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# Unstuffed: Decluttering Your Home, Mind, And Soul



## Synopsis

STUFF. It's everywhere. Lurking in corners and closets, spilling onto counters and coffee tables, creating havoc everywhere we look. And it's not just the physical clutter that weighs us down. 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 feels 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. 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

"A warm, easy-to-follow guide that offers actionable steps to creating a calm, prayerful, stress-free life." -Simple Grace Magazine "As women, we have the tendency to overstuff our lives, our schedules, and our homes with things that really aren't beneficial. And our souls suffer because of our unwillingness to let go. Ruth Soukup tackles this issue head-on and gives practical steps to be purposeful with the stuff we let in our sacred spaces. You'll be thankful you chose this book!" -Lysa TerKeurst, New York Times Bestselling Author of The Best Yes "We live in a world that's constantly telling us we need to do more, have more, and be more. It's exhausting and consistently the only thing we ever have more of is stress. Ruth Soukup is like a breath of fresh air as she calls us to declutter our lives and embrace simplicity. If you find yourself feeling tired, stressed or overwhelmed, then let the words found in the pages of this book wash over you and take a deep breath. It's the literary equivalent of a bubble bath and a hot cup of coffee on a cold morning." -Melanie Shankle, New York Times Bestselling Author of Nobody's Cuter Than You "Through powerful story and practical application, Ruth Soukup will help you unstuff

your home. But more than that, her words will inspire you to live your most fulfilling life by discarding anything that distracts you from it."-Joshua Becker, bestselling author of *The More of Less*"Readers, whether they're neatniks or clutter queens, will appreciate Soukup's relatable approach, honest sharing, and down-to-earth suggestions. I confidently recommend this title."

-Christy Pitney, *CBA Retailers Review*As women, we have the tendency to overstuff our lives, our schedules, and our homes with things that really aren't beneficial. And our souls suffer because of our unwillingness to let go. Ruth Soukup tackles this issue head-on and gives practical steps to be purposeful with the stuff we let into our sacred spaces. You'll be thankful you chose this book! (Lysa TerKeurst, *New York Times* bestselling author and president of *Proverbs 31 Ministries*)

We live in a world that constantly tells us we need to do more, have more, and be more. It's exhausting, and consistently the only thing we ever have more of is stress. Ruth Soukup is like a breath of fresh air as she calls us to declutter our lives and embrace simplicity. If you find yourself tired, stressed, or overwhelmed, then let the words in this book wash over you, and take a deep breath. It's the literary equivalent of a bubble bath and a hot cup of coffee on a cold morning. (Melanie Shankle, *New York Times* bestselling author of *Nobody's Cuter Than You*)

Through powerful story and practical application, Ruth Soukup will help you unstuff your home. But more than that, her words will inspire you to live your most fulfilling life by discarding anything that distracts you from it. (Joshua Becker, founder of *BecomingMinimalist.com* and *Wall Street Journal* bestselling author of *Simplify*)This book is excellent. In a culture where women are overwhelmed with things and to-do lists, Ruth Soukup helps us slow down and take inventory of all that is cluttering our lives. *Unstuffed* gives women the tools they need to declutter their homes, minds, and souls through Ruth's transparent stories, struggles, and solutions. I recommend this book not only to moms but to dads too! (Courtney Joseph, founder of *WomenLivingWell.org*

•home of *Good Morning Girls*)Extremely practical and highly engaging, *Unstuffed* teaches us how to live a life of less. Not just less stuff around us, but also less cluttering of our minds and souls. I desperately needed this book! Ruth Soukup does it again. (Ruth Schwenk, founder of *thebettermom.com* and coauthor of *Hoodwinked: Ten Myths Moms Believe and Why We All Need to Knock It Off*)It's hard to admit you need *Unstuffed*, but you'll breathe a sigh of relief when you're done. Ruth unpacks why clutter is so detrimental to our minds, homes, and souls. Then she provides easy ways to tackle it. I'm ready to unstuff for the long haul. (Courtney DeFeo, author of *In This House, We Will Giggle* and founder of *Lil Light O Mine*)*Unstuffed* is proof of why Ruth Soukup is one of America's favorite writers. Practical, transparent, and chock full of tips and biblical wisdom, *Unstuffed* lays out a clear road map from consumerism to contentment. A

must-read for women longing to declutter their homes, minds, and souls. (Emily T. Wierenga, founder of The Lulu Tree and author of *Atlas Girl* and *Making It Home* ([www.emilywierenga.com](http://www.emilywierenga.com))) More clothes than we need, more emails than we can read, paper mess, kid-toys chaos, dishes overflowing the sink, and shelves jammed with décor, memorabilia, and more --- without noticing my life became stuffed and, as a result, my soul cluttered. If you're anything like me, *Unstuffed* grants the reprieve you're longing for. Take a deep breath as Ruth Soukup guides you through the process of decluttering your home, mind, and soul, sharing how she conquered her struggle with organization. Jam-packed with practical strategies, *Unstuffed* doesn't provide a one-time clean-out plan but guides you into solid lifelong principles and systems, kicking the mess to the curb forever. With an encouraging and empowering voice, Ruth challenges us to cast our eyes on the things in life that really count. We don't have to live overwhelmed anymore! This book provides the clear path to an ordered and meaningful life. (Cherie Lowe, author of *Slaying the Debt Dragon How One Family Conquered Their Money Monster* and *Found an Inspired Happily Ever After*) *Unstuffed* graciously reveals why our homes and hearts fill up with junk and gracefully unveils the beauty of letting it go. If you're ready for a clear method to end chaotic messes, Ruth Soukup points the way to simple yet passionate living. (Rachel Wojo, blogger and author of *One More Step*) Do you ever vow to get your act together--- finally getting things organized --- but then don't know just how and where to start? *Unstuffed* will help you declutter your home, free up much-needed brain space, and spiritually settle your soul. (Karen Ehman, New York Times bestselling author of *Keep It Shut* and speaker for Proverbs 31 Ministries)

Friend, I get it. I really do. You're not just overwhelmed by the physical clutter that has been filling up your home, but stressed out by an overbooked schedule that sometimes feels out of your control. You're frustrated by trying to live up to other people's expectations of what your home is supposed to be. You're tired of guilt and exhausted by relationships that seem to suck the life out of you. And the very last thing you want is a book that will make you feel worse about yourself, or one that's going to hand you another massive list of things to do. Believe me, I have been there too. The thing is--I'm not an expert on decluttering or a professional organizer. I don't have some crazy unattainable ideal of what our homes should be, or what our schedules should look like. I'm a mom, wife, daughter, friend, and small business owner who is busy trying to juggle all the pieces of an often chaotic life, just like you. And *Unstuffed* was not written to make anyone feel guilty about a home that is less than perfect. Instead, it offers a strong dose of encouragement through personal stories and practical,

easy-to-implement ideas for taking back your life from the STUFF that is weighing you down. It offers permission to NOT do it all, and much-needed relief from the constant pressure to perform. It's room for your soul to breathe, and I truly can't wait to share it with you. My hope and prayer for this book is that it will set you free--free from guilt, free from overwhelm, and free from the expectations of a world consumed by STUFF. xoxo, Ruth

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. Soukup 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 Soukup 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.

While a lot of the book focused on unstuffing in relation to family and children (which I don't have), I

did find several things that could relate to me. Of course, the mind and soul sections were my favorite- we can all use tips and tricks on how to unstuff our life, and it helps to know there are situations in which we are not alone! One specific section, on friendship, really spoke to me. There are different kinds of friends- those we can trust and depend on, superficial ones that we can still hang out with and have fun with, but aren't really as deep as others, and toxic friends that it's ok to break those ties with. Soukup does a great job of validating thoughts we didn't even know we had, and giving ideas on how to move forward in unstuffing our life.

This book hits the nail on the head. It gets to the issue as so many organizational references seem to miss. It gave me inspiration to tackle some personal and family belongings that were piling up in my life. Ready for a yard sale when it gets warmer.

This has helped me enormously! I love the conversational way she talks as well as the profound ideas she has offered for me to think with. They hit home and have helped me cleanse out a life of clutter. It feels great!

This book is full of great tips and gut level honesty. I especially loved the ending emphasis on Grace. I plan to re-read soon.

This book is a true help to "unstuff" our lives. For all manner of clutter, both tangible and intangible. We just have too much stuff. Highly recommend this book.

This book has been life changing for me. Ruth is a great writer and she gets to the core of why we are stuck in the rut of hanging on to our "stuff." I am in the process of "unstuffing" my life and it is very liberating. I highly recommend this invaluable resource.

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Unstuffed: Decluttering Your Home, Mind, and Soul  
Decluttering: The Benefits and Art of Minimizing and Organizing (declutter, declutter your home, organization, cleaning, decluttering book, tidying up, declutter your life)  
Decluttering: Decluttering Magic! Home and Life Organizing Made Easy  
Clutter Free: Clutter Free Home EASY DECLUTTERING GUIDE (Clutter free, Clutter, Decluttering, Tidying up, Organizing, Tiny house, Minimalism)  
Downsizing Your Home and Loving It: 50 Simple Steps To Organize Your Home, Maximize Your Space And Live A Clutter Free Life (Downsizing Your Life, Decluttering ... How To Organize, Organizational Hacks)  
Declutter Your Mind



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