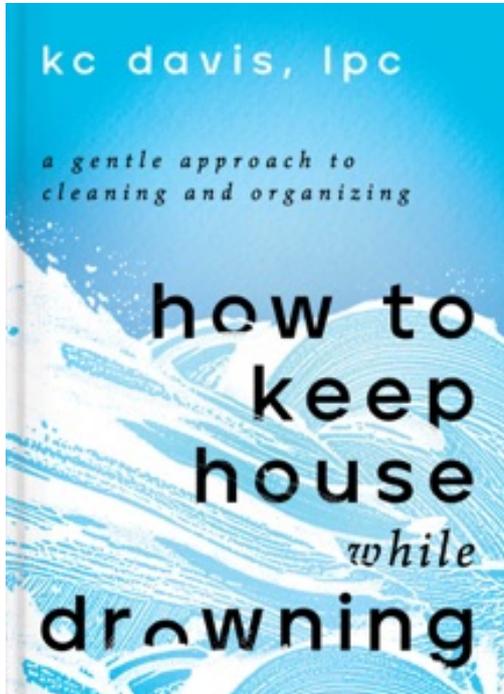


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**Designed by therapist KC Davis, this revolutionary method of cleaning and organizing helps end the stress-mess cycle.**

After KC Davis gave birth to her second child, she didn't fold a single piece of laundry for seven months. Between postpartum depression and ADHD, she felt numb and overwhelmed. She regained her sanity—and the functionality of her home—after one life-changing realization:

You don't work for your home; your home works for you.

In other words, messiness is not a moral failing. A new sense of calm washed over her as she let go of the shame-based messaging that interpreted a pile of dirty laundry as "I can never keep up" and a chaotic kitchen as "I'm a bad mother." Instead, she looked at unwashed clothes and thought, "I am alive," and at stacks of dishes and thought, "I cooked my family dinner three nights in a row."

Building on this foundation of self-compassion, KC devised the powerful practical approach that has exploded in popularity through her TikTok account, @domesticblisters. The secret is to stop following perfectionist rules that don't make sense for you—like folding clothes that don't wrinkle anyway, or thinking that every room has to be clean at the same time—and to find creative solutions that accommodate your needs, pet peeves, daily rhythms, and attention span. Inside, you'll learn exactly how to customize your approach and rebuild your relationship with your home, including:

- How to stop seeing care tasks as a reflection of your worth, but rather as kindnesses to your future self
- How to use calming rituals to keep you from feeling overwhelmed when you look at a big mess
- How to stagger tasks that are easy to procrastinate throughout the week and month
- How to quickly transform a room from messy to fully functional through the "5 Things" tidying method, and other shortcuts requiring minimal energy

Read this book to make home feel like a sanctuary again: where you can move with ease, where guilt, self-criticism, and endless checklists have no place, and where you always have permission to rest, even when things aren't finished.

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