

Messy Minimalism: Realistic Strategies for the Rest of Us

by

Rachelle Crawford



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Synopsis

Think minimalism means a perfectly curated, always tidy home? Think again. Drowning in tides of toys, overflowing closets, and a crazy schedule, Rachele Crawford assumed you had to be naturally organized to keep a tidy living space. Then she found minimalism: the messy, real-life kind, that is less about perfection and more about purpose. Thus began a journey toward decluttering her home, calendar, and soul. With empathy, grace, and humor, Crawford—who curates the popular *Abundant Life with Less* site—shares doable ways to own less and live more fully. Laying out practical strategies for reducing waste, curbing consumption, decluttering, and finding lots more joy, Crawford offers no-nonsense solutions for the rest of us. Learn to become a more conscious consumer, create a capsule wardrobe, inspire family members to join you, free up more time for the things that matter, and create a tidy(ish) home. The messy minimalist way is a no-judgment zone, one in which we learn sustainable habits and grace-based practices. It's about living lightly on the earth and making room for purpose. Becoming a messy minimalist is not about turning into someone else; it's about clearing away clutter and expectations to unearth who you really are. It's about carrying fewer things so that we find ourselves holding onto what truly matters.

Sort review

"Messy Minimalism gives us permission to do minimalism our way--the way that best supports our families. This book shows us the imperfect way, the messy way, and, most importantly, the real way. Rachele Crawford's gentle approach makes minimalism and living a more joyful life approachable for everyone." --Courtney Carver, author of *Project 333* and *Soulful Simplicity*, and founder of *Be More with Less*"Rachele Crawford will make you breathe a sigh of relief at your normalcy (you know, the mess we all have), and she'll hold your hand toward a doable life of less, honoring your humanness along the way." --Melissa Coleman, author of *The Minimalist Kitchen* and founder of *The Faux Martha*"With grace, authenticity, and humor, Rachele Crawford shows readers that living clutter-free isn't solely reserved for the perfectly organized. This is a witty and wise must-read for anyone looking to exchange a life distracted by stuff for more joy, presence, and calm." --Joshua Becker, author of *The Minimalist Home* and other books, and founder of *Becoming Minimalist*"By providing an honest, practical approach to decluttering, Rachele Crawford redefines minimalism as a lifestyle that is attainable and achievable for anyone wishing to pursue it." --Christine Platt, author of *The Afrominimalist's Guide to Living with Less*"This book is a gift that will bring you guidance, inspiration, and self-acceptance. Cheers to an imperfect yet simpler life!" --Denaye Barahona, PhD, creator of *Simple Families*, from foreword"A fun, fresh perspective on decluttering your home and heart. Everyone can benefit from a clutter-free lifestyle--especially people who have always thought of themselves as messy." --Erica Layne, author of *The Minimalist Way*"Messy Minimalism is a delightful read. In it,

Rachelle Crawford shares both practical tips and important mindset shifts, showing just how simple, valuable, and doable minimalism can be." --Zoë Kim, author of Minimalism for Families" Crawford encourages her readers to release perfectionism and rigidity, explore conscious consumerism, experiment with self-imposed boundaries to free up mental and emotional energy, and lean into the beauty of our ordinary, messy everyday life." --Krista O'Reilly-Davi-Digui, founder of A Life in Progress--This text refers to the hardcover edition. About the Author Rachelle Crawford curates the popular website Abundant Life with Less, where she makes minimalism doable by sharing inspiration and practical strategies for living with less stuff and more purpose. Her writing has been featured on Becoming Minimalist, (In)Courage, Raising Simple, and Becoming Unbusy. As a registered nurse, Crawford previously worked in labor and delivery and now works as a school nurse. Crawford and her husband live with their three children in the suburbs of Lansing, Michigan. Denaye Barahona is the voice behind Simple Families. Simple Families is a blog, podcast, and community that helps mothers thrive through intentional living. Denaye has a Ph.D. in Child Development and has spent her career coaching families to more harmonious lives with young children.--This text refers to the hardcover edition.

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What people say about this book

Tim, "A MUST read!!!!. Messy Minimalism is a must read for anyone wanting to take a courageous step toward a life well lived!! Rachelle Crawford brings forth the most tangible, gritty, relatable, hilarious, vulnerable and profound moments in her minimalist journey and shares them in an inspirational way with such engaging writing that you won't want to put the book down! This author is the queen of deep, retainable, and impactful quotes and phrases, I don't have enough places on my body to tattoo them so I can keep them close at hand. She's wrapped those deep morsels of truth in relatable story, that's authentic and laugh-out-loud HILARIOUS, it's just super enjoyable to read. There's also a vulnerability and honesty that helped me as I got to define messy minimalism as one that is covered in grace and is a unique process. It's not just about decluttering stuff, it goes much deeper than that! I'm so thankful to have this resource, while it's deep and witty and engaging, there are also suggestions for the practicals. Some things (like minimizing our weekly dinner and kids' lunch menus, and purging my wardrobe) were just what I was looking for and easy to implement right away. But there's more, more heart work that Messy Minimalism has inspired me to pursue, it's a longer process, but I'm thankful for it. This book is for sure not a "one and done" kind of read, it's a resource to be referenced and read again and again!!!!"

Bethany Patchin Crandell, "Pretty good addition to the decluttering genre. I enjoyed most of the humor and the camaraderie/honesty element of this one. I winced a little at the Jesusy tone which got heavier near the end, and it felt a little too chummy in parts (I'm not this author's friend, we've never met, but she kept calling me that). The most helpful parts for me were when she addresses what life with kids is like even after you've super simplified everything. The story about her husband's lost wedding ring was especially touching. My favorites in this category are still "Goodbye, Things" and "Making Space, Clutter Free" for their tone and emotional depth, but this one is worth a read if you've got kids. Good job!"

Mommyfit, "Hilarious and Authentic. If you like a funny authentic read this book is spot on. Being minimalist doesn't mean living without furniture instead it's about having a few perfectly selected items that make you feel at home and not being overwhelmed by a house full of useless stuff. It means being able to clean up your house in 20 minutes before your mother in law makes a surprise visit and easily tidy (so you look like a bad ass wife), even if you are sub par in the organization department. Messy Minimalism is all that and more."

Mstotler, "Messy is my middle name.. This book was written for me. I was lovingly called messy by my own mother this week and have been an "aspiring minimalist" for 10 years,(There's a whole section written to the "aspiring minimalist") and this book has gently and humorously guided me where I've gone wrong. Well written and a delight to read Crawford has created greatness. I was born to be a Messy Minimalist and I highly recommend everyone read it too."

Lauren H., "Helpful and fun. This book is so great! It's helpful, but also fun to read. It feels like chatting with a close friend. Rachelle is so relatable, real and funny. I've read a few books on minimalism this year and this one is the best. I can see myself referencing it and reading it again in the future as I dive deeper into minimalism. So far I've decluttered my kitchen, my wardrobe, and my basement with the help of this book and it's been such a wonderful change. Thank you Rachelle!"

Kaprice K., "Wonderfully relateable. This is a great book if you are looking for an entertaining, relateable read about simplifying your life. The author is honest and entertaining, while still delivering a meaningful message about minimalism. I appreciate the real life and step away from ideal minimalism."

Tracy Schoesler, "Put down your coffee and read this!. I've tried and failed at minimalism a few times. I love the idea of less but have never been able to execute the clean white walled look so I threw in the towel. This book taught me to have grace with myself and family. Rachelle showed me that minimalism isn't a one size fit all and she does it through humor, abundance of understanding that we all have our journey and never too many vintage mugs."

M. Fallon, "Good humoured and realistic minimalism advice. I have read a good few books on minimalism by now and this one has to be one of my favourites. Big on humour and big on giving yourself grace, it feels a realistic approach to minimalism with a sticky and disinterested family. I'm in the UK but Rachel's approach could apply anywhere. I'm implementing her suggestions on board games tomorrow!"

Jenny Boyd, "Written for me!. This book has been fantastic! Each of the chapters is enjoyable and the content is so applicable! I feel like she has written a book solely for me, it speaks into lots of areas of my life! Excellent and accessible!"

reader, "Entertaining, Informative, Affirming, Productive. Minimalism without the guilt from change and letting things go. I liked the workbook too - thought provoking"

Jolene, "Fun and easy to read!! Well done!. So relatable and made me feel like I am capable to accomplish my goal of minimalism by taking a lot of the pressure off."

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