

## Three stages of minimalism

### Mild

**Unf\*\*\* Your Habitat**  
by Rachel Hoffman ([Bluebird](#), £8.99)

This book, published in January, was written by Rachel Hoffman, a spa manager who lives in Rhode Island on the east coast of America. It was born out of a funny and bossy blog, with Hoffman telling readers that “doing the dishes is often tedious, and sometimes overwhelming, but it’s not hard. Suck it up and do it”. She wrote the book as a reaction to Marie Kondo and the cult of perfection. “It is geared towards people who don’t have a good foundation in keeping their homes clean,” she says. Her proposal is the 20/10 theory; instead of going for the “marathon clean” that lasts for hours, she suggests cleaning for 20 minutes then taking a break for 10 minutes.

### Moderate

**Spark Joy: An Illustrated Guide to the Japanese Art of Tidying** by Marie Kondo ([Vermilion](#), £10.99)

This was Kondo’s follow-up to *Life-Changing Magic* and was published last year. It has sold more than six million copies. Her now-famous method is about going through everything you own, one category at a time and asking yourself the all-important question: does it spark joy? Anything that doesn’t gets the heave-ho. Folding is discussed a lot. Kondo is a folding virtuoso, who has devised her own method of vertical folding, so you can stack jumpers and see them all in the drawer, rather than the horizontal method where you can only see the ones on the top. Her YouTube video demonstrating the correct way to fold socks and underwear has been viewed more than 4.4 million times.

### Extreme

**Goodbye Things: On Minimalist Living** by Fumio Sasaki ([Penguin](#), £9.99)

Fumio Sasaki used to suffer from the thing he’s trying to cure — hoarding.

“I went from messy maximalism to life as a minimalist,” he says in the book. Over a year he threw out almost all his belongings, which he charts in the book. His flat now contains a few magazines, books, basic kitchen implements, a folder of receipts for the tax man, an army knife, computer, phone, Kindle, speakers and a Dyson. He advises people to break down the fear of losing belongings by concentrating on what they will gain rather than what is lost. He is at his most persuasive by pointing out that less stuff means less vacuuming.

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