

A SAMPLE FROM:

# Housework Blues

A SURVIVAL GUIDE

How to cope with the mental and  
emotional challenge of keeping a home

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The cruel irony  
of housework -  
  
people only notice  
when you *don't* do it.

# The trouble with housework...

I hate housework.  
You make the beds,  
you wash the dishes...  
and six months later  
you have to start all over again.

- Joan Rivers

Women are capable and resilient creatures, able to multi-task, organise, plan, coordinate and generally cope with some of life's toughest demands. We can produce a human being from our bodies. When our loved ones are at risk, we're able to perform feats of superhuman strength. As a race, we're incredible!

Yet throughout the ages one thing has been the bane of womankind - *housework*. It gets us down.

But what is it with housework? Why does it get to us so much? Well, from my own experience, I have identified that the Housework Blues tend to stem from one (or more) of eight particular complaints. See if you recognize any of the grievances on the following page:

**1. Overwhelmed**

*There's too much to do.  
I don't know where to start.  
I never get on top of my jobs.*

**2. Injustice**

*Why should I do it all?  
I didn't make the mess.  
Why am I the only one doing it?*

**3. Futility**

*What's the point?  
It'll only get dirty again.  
It's endless.*

**4. No Energy**

*I can't be bothered.  
I'm too tired.  
It's too much like hard work.*

**5. Boredom**

*It's so monotonous.  
Every day, the same chores, over and over.  
I hate repetitive tasks.*

**6. Inferiority**

*I'm no good at this.  
I'm so useless.  
Other women can manage it but not me.*

**7. Superiority**

*I'm better than this.  
It's a waste of my brain and talents.  
Is this where I've ended up?*

**8. Lack of Motivation**

*I can't seem to get started.  
I just don't want to do it.  
I'd rather do something else.*

Unfortunately, these attitudes are very common - even though they can make our work unnecessarily tough. But the good news is: for all of these mindsets, there's an alternative way to view the problem. And these new perspectives, insights and ideas are the core content of this book.

The following solutions will undoubtedly bring you more success and control in the domestic realm. More importantly, though, they'll increase both your inner peace and your outer harmony. And banishing these unnecessary and unpleasant Housework Blues will have a sublime ripple effect that will benefit your whole life immeasurably.

## Intuitive solution-finding

This book has been split into eight sections, each one addressing one of the above complaints. In this way, it's easy for you to go straight to the issue you most resonate with. Identifying the problem is a vital first step towards the solution, so trust your instinct. Use your famous intuition. You may find that you are drawn to an issue which you feel is illogical or irrelevant but if you are drawn to it at all, there's a reason. Sometimes your instinct knows what you need better than your conscious mind.

It's possible that some of the tips you come across may not appeal to you immediately, and it's fine to cherry-pick your favourites. But they are all worth considering and you never know where that life-changing nugget of insight may be hiding. Also, try to keep an open mind - what may not work for you today, may make total sense one day in the future.

You may also notice that some of the advice is contradictory. This is not a mistake. Not only are we humans all different, each one of us can be fickle and contrary beings. As our moods change, we'll need to alter our approach. So it pays to have an arsenal of wide-ranging perspectives to draw on.

Also, it's not necessary to memorise this information. One reading will implant these suggestions in your psyche, where they will await the opportune moment to spring forth and make your life easier and happier - the way it's meant to be.

So, consider the eight core 'issues' again. Notice how you feel as you read them, then use the index to jump straight to the one that calls to you the most.

It's time to beat those Housework Blues.