

“Fair Play” by Eve Rodsky is a revolutionary solution to the issue of unpaid, invisible work that women often bear in households. The book introduces a time-saving system with four rules, 100 household tasks, and a figurative card game to help couples efficiently distribute domestic responsibilities, reignite their relationship, and reclaim personal time. It addresses the universal problem of unequal labor at home and aims to provide a game-changing approach for couples to balance their responsibilities and prioritize their passions.

At a Glance:

Age Range for Advice:

The book's advice is relevant to adults of all ages, particularly those in committed relationships or marriages, facing challenges in balancing domestic responsibilities.

Specific Issues Addressed:

Unequal distribution of household chores.

The invisible workload carried by one partner, often women.

Struggles with managing family responsibilities while maintaining personal identity and career.

Skills Developed:

Communication and negotiation skills within a relationship.

Time management and efficiency in handling domestic tasks.

Prioritization of family needs and personal passions.

Creating a more balanced and fulfilling home life.