

Hi. I'm KC Davis.

KC Davis is a licensed professional therapist, speaker, and author of *How to Keep House While Drowning*.



1.3 million



76 thousand





**When
everyday
care tasks
are a
struggle.**

no judgement | just practical help

Featured In:

HUFFPOST

Having A Messy House Doesn't
Make Me A Bad Person – Or A
Bad Mom

The Washington Post

How to get organized at home
when you have ADHD or mental
health issues

goop

The Best Digital Programs for
Mental Well-Being



New Books to Add to your April
Reading List

Opal Daily

What Makes a House a Home?



Therapist with ADHD explains
how she 'learned to clean as a
messy person'

BUSINESS
INSIDER

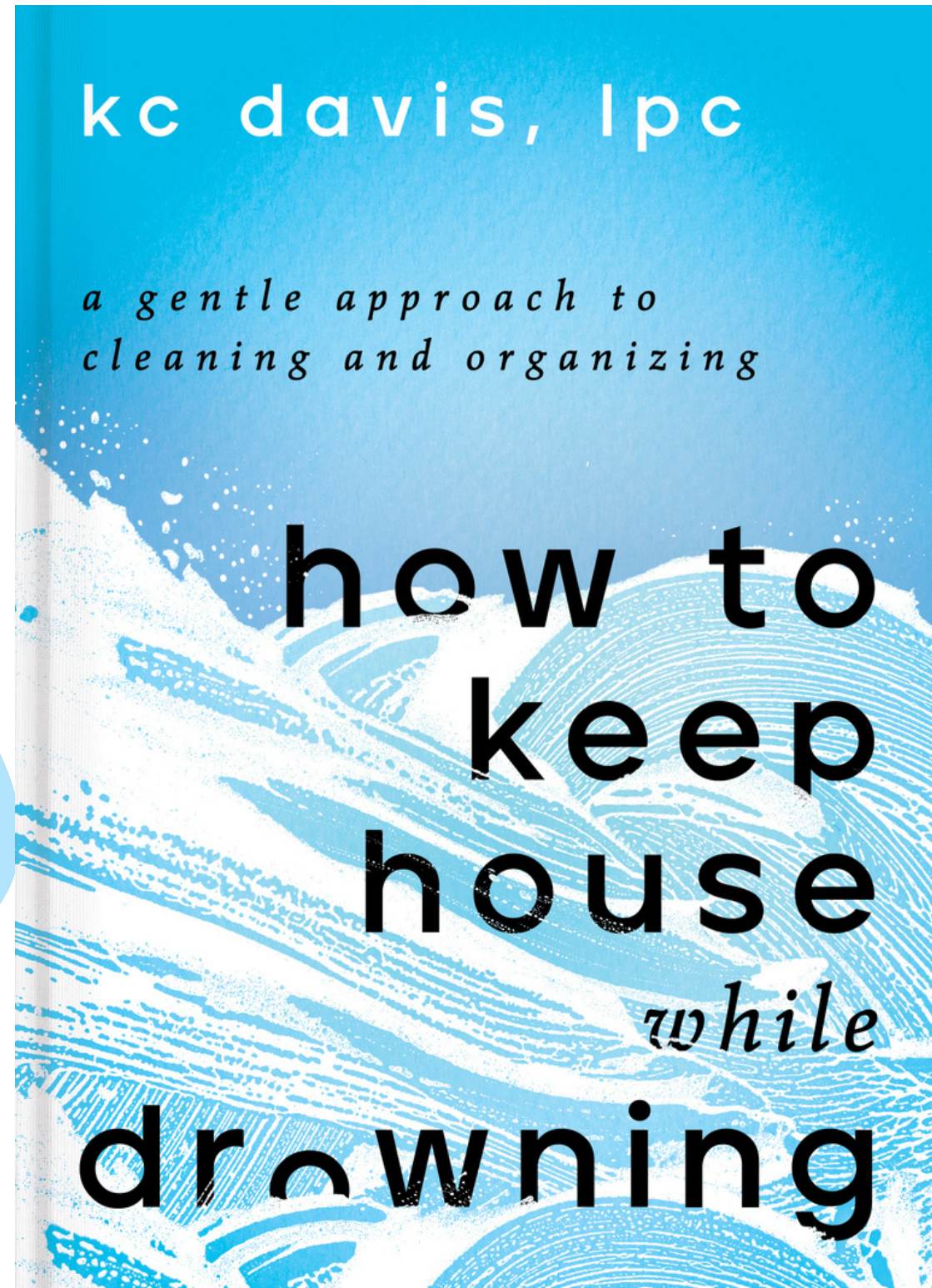
Most Anticipated Nonfiction
Books of 2022

Momtastic

The Condition Of Your House
Does Not Determine Your Worth
As A Parent

and more...

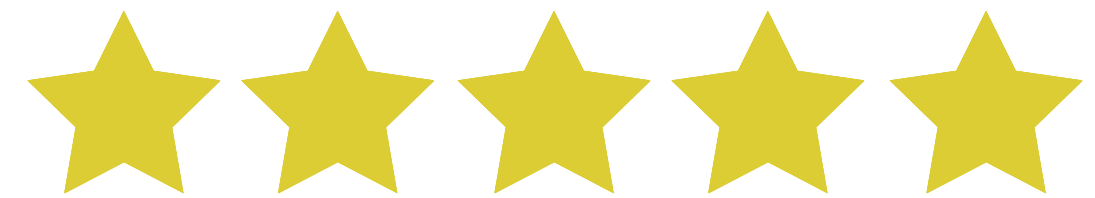
High Praise for How to Keep House While Drowning:



"An honest and compassionate exploration of the many traps that leave us feeling like we've failed, *How to Keep House While Drowning* is filled with hard-won advice that will change the way you view your space, your habits, and (most importantly) yourself."

--Liz Fosslien and Mollie West Duffy, authors of *No Hard Feelings* and *Big Feelings*

 **USA
TODAY**
BEST SELLER LIST



3,841 Amazon reviews

High Praise for How to Keep House While Drowning:

“This is a guide to when you feel stuck and need a little help with your next steps -- and your laundry.” – GoodMorningAmerica.com

“If keeping up with chores feels like a full-time job, licensed therapist and How to Keep House While Drowning author KC Davis has a subtle, but radical, approach to help you manage the demands of housekeeping... In fact, she says homes do not have to look like the cover of an interior design magazine to serve their function—so embrace the mess.” -Oprah Daily

"How to Keep House While Drowning" acknowledges the less-frequently addressed challenges many people face that keep us from easily keeping up home care such as depression, ADHD, postpartum, or simply a lack of support. This short guide introduces six realistic principles from a professional counselor on how to approach home care without trying to conquer countless to-do lists.” – Business Insider

“We all struggle to balance the many demands on our time, energy and sanity from time to time. This short, easily-read volume has solid tips for coping... In the context of this book, making your housekeeping more manageable can enhance the functionality of your life.” – Jamie Gold, CKD, CAPS, MCCWC

“In her book, "How to Keep House While Drowning," Davis explains how to be gentle with yourself while also caring for yourself and your home in a way that works best for you. Her gentle approach to care tasks is what keeps people coming back. It’s the validation that we all need.” - Jacalyn Wetzel, Upworthy

For all the
self help rejects -
these are skills
for survival
& self kindness.



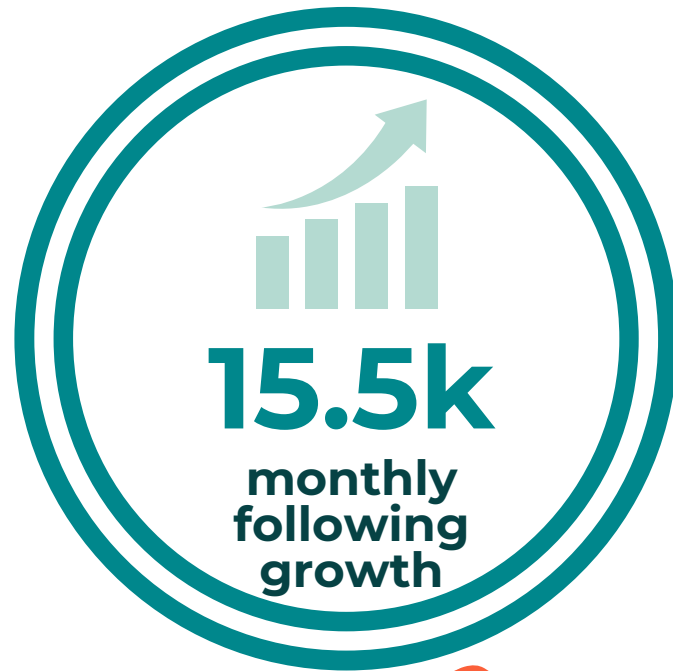
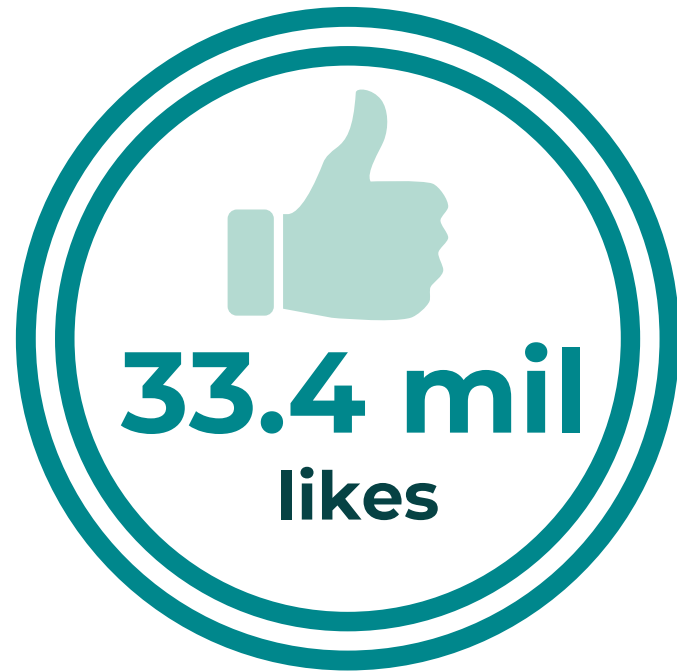
KC DAVIS



domesticblisters ✓

Kc Davis

verified account



sustained growth

Key Metrics March 11-April 12, 2022

25,899,060
Total Views

3,587,526
Total Likes

1.19%
Engagement Rate

1.16%
Like Rate

8.41%
View Rate

67,956
Total Shares



monthly exposure

Content samples

TikTok
@domesticblisters

Tonight I really didn't want to do my clothing duties

You dont have to be someone else to have a functional home

11,600,000 views | 1,400,000 likes | 22,600 comments

The key to a functional home does NOT include changing who you are.
#strugglecare #messy

PLAY

ADHD fridge

6,300,000 views | 1,300,000 likes | 15,200 comments

Welcome to my ADHD fridge.
#strugglecare #organizingtiktok #mentalhealth

PLAY

TikTok
@domesticblisters

You are not lazy

1,400,000 views | 290,300 likes | 10,100 comments

Mess is morally neutral and shame is the enemy of functioning.
#strugglecare #findyourway

PLAY

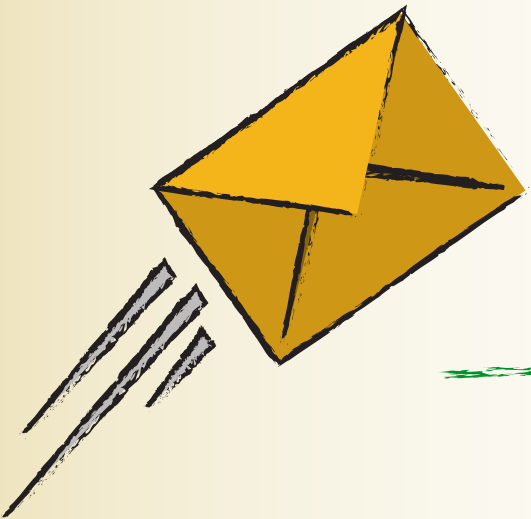
TikTok
@domesticblisters

Hacking dishes

1,400,000 views | 317,300 likes | 7,786 comments

This system is functional and it mitigates motivational blocks. And that's a WIN! #strugglecare

PLAY



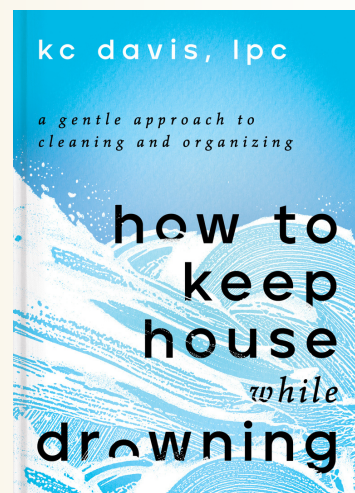
Contact:

★ **General inquiries, interviews, speaking engagements, brand partnerships**



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★ **Press & publicity related to How to Keep House While Drowning**



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