Wordiness: Redundancy

Repeating a point or saying it twice is unnecessary.

Solutions
Cut repetitions

- *Repeating a point ~~or saying it twice~~ is unnecessary.*

Remove unnecessary words in common or "automatic phrases."

- *In this day and age →now*
- *At this point in time → now*
- *Due to the fact that → because*
- *Whether ~~or not~~*
- *Red ~~in colour~~*
- *Hot ~~in temperature~~*
- *~~Direct~~ confrontation*
- *~~End~~ result*
- *~~Past~~ history*
- *~~Future~~ plans*
- *~~New~~ innovation*
- *~~Foreign~~ import*
- *~~Free~~ gift*
- *~~Invited~~ guests*

Note

In non-academic prose, redundancy can be a valid stylistic choice. A love poem might well say "you are the light of my life and the joy of my heart," though it would be a double dose of cliché. Monty Python uses repetition to good effect in the parrot sketch: "That parrot has passed on, he is no more, he's gone to meet his maker, he's a stiff, he's hopped the twig, he's rung down the curtain. This is an ex-parrot."