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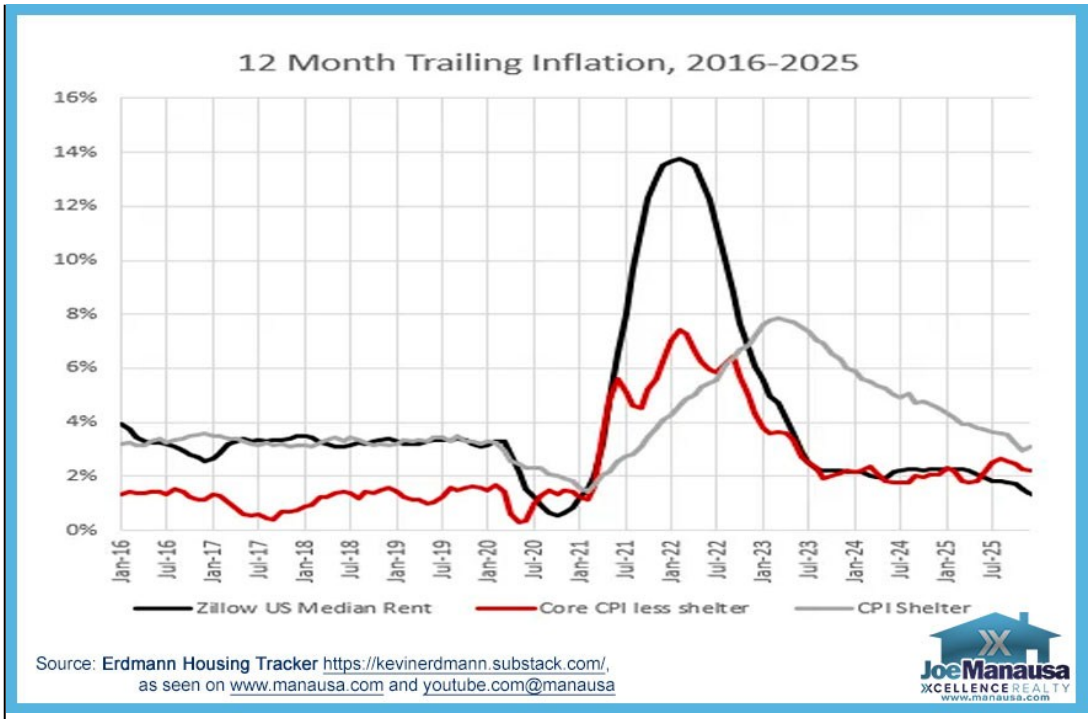
Prices, Rents, & Reality



If you only skim housing headlines, it is easy to think the market is either on the verge of collapse or stubbornly overpriced. The reality is quieter and more grounded, and one national chart helps explain why.

When we compare home prices to rents over the past decade, a clear pattern emerges. For most of that time, prices and rents moved together. That matters because rents reflect what households can actually afford month to month. When prices track rents, the market is being supported by real demand, not speculation.

During the pandemic years, prices briefly pulled ahead. Demand surged, mortgage rates fell, and buyers rushed in. That moment created understandable anxiety. But what happened next is the part many headlines skip. Prices did not crash. Instead, they slowed. Over time, they moved back toward levels supported by rents.

Today, national home prices are much closer to rent fundamentals than many people assume. In fact, higher mortgage rates have acted as a brake, keeping prices from running ahead of what rents justify. That is not a sign of weakness. It is a sign of restraint.

This perspective helps explain why the housing market has cooled without breaking. We are not seeing the kind of widespread price declines that come from loose lending or overbuilding. We are seeing a market adjusting to tighter financing and gradually improving supply, while still anchored by long-term housing needs.

For homeowners, especially in steady markets like Tallahassee, this matters. A market supported by rents tends to be more stable and more predictable.

Prices, rents, and reality are telling the same story. The housing market today looks less dramatic than healthy.

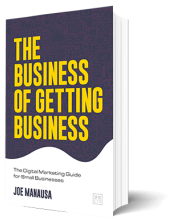
Contact the Joe Manausa Team at Xcellence Realty here.

How Stable Is The Housing Market In 2026?

- Selling A Home
- Home Valuation Tool
- Property Search
- The FSBO Book

Get Pre-Approved

Read Joe's Book!



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