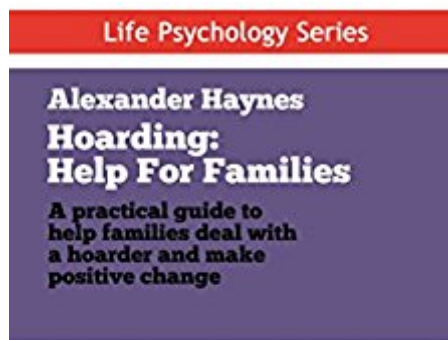


The book was found

Hoarding: Help For Families Dealing With Obsessive Hoarding, Collecting And Clutter: (Treatments For Compulsive Acquiring, Saving And Hoarding - Accumulating Things) (Life Psychology Series Book 2)



Synopsis

Hoarding: Help For Families A practical guide to help families deal with a hoarder and make positive change Part of the Life Psychology Series, books written by Psychologists who have practical experience, bringing together the latest thinking and practice in a simple and easy to read format aimed at people who need a simple but effective guide for addressing their problems. Do you have a family member who is taking over the family home? Their compulsive hoarding is becoming a large source of conflict and stress in the family home? They make very little effort to change or address the hoarding behavior? The situation is putting a huge strain on the whole family? **Hoarding Help For Families**, covers the main causes of hoarding and when it is more than just collecting. It can be a very upsetting and difficult situation to resolve, with hoarders often being reluctant to address their problem or even admit it is an issue. This book is aimed at families of hoarders and looks at the key ways of addressing this very difficult problem in a simple and straightforward way, written by psychologists with first hand experience in dealing with and addressing hoarding. What others say about **Hoarding: Help for Families**:
• "We finally decided we had to address our dad's problem, this book gave us a roadmap and clear guidance on what we should do and how we should do it, a great help at the start of our difficult intervention"
• "Really useful, written by someone who has had first hand experience of hoarding and knows how difficult and upsetting and stressful it can be to others around the hoarder"
• "Our mom's house was so full of clutter everywhere, it wasn't safe and we had to do something about it, she was so stubborn but this book helped us find a way to steadily make small improvements, it's not easy but the steps outlined were useful and practical"
fTags: hoarding; compulsive hoarding; compulsive acquiring; compulsive buying; hoarding cure; hoarding treatment; hoarding help; hoarding stories; hoarding fiction; hoarding disorder; hoarding memoirs; hoarding self-help; hoarders; the hoarder in you; hoarders tips; compulsive shopping; compulsive behaviour; compulsive hoarding symptoms; hoarding detection; hoarding prevention; declutter your home; declutter your life; declutter your home now; decluttering and organizing; declutter fast; declutter now; decluttering; declutter and clean; simplify your life; simplify organize declutter; organize your home; hoarding therapy

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Customer Reviews

Things are to be used and people are to be loved is a common characteristic of a hoarder. This kind of people always thinks that everything can be used but cannot understand the essence of his thoughts. This practice can bore and disturb others; a person having hoarding problems does not care anyone. This problem forces a person to live alone. He looks for perfection in anything. This book tried to explore the probable causes and solution to the problem. The reader who will start to read the book can get some steps to treat hoarding. In a word, I can call this book as first aid to hoarding problem. You can take a short look to the six steps to treat it which are recognizing the problem, identifying reasons for hoarding, identifying faulty beliefs and correct them, identifying faulty behaviors and correct them, clean up, maintaining and prevent relapse.

This is an interesting book, an intellectually stimulating book, educational in a number of ways, and a practical useful book, all rolled into one. For instance did you know that one in every fifty Americans may have a type of hoarding problem? In other words, you, or a relative, or a friend, or several of your co-workers are hoarders! The author goes into the many varied reasons why a hoarder develops a hoarding problem. He does it with compassion, and understanding. And he suggests that treatment be done with compassion as well. Treatment consists of helping the hoarder check out his/her thinking pattern - if it is rational or not, and then change irrational thoughts

that help to perpetuate the hoarding problem. As the thinking pattern becomes more rational, so does the person's behaviors, and eventually this leads to a reduction in hoarding, and slow-but-sure clean up of the mess. It is suggested that family members work with the hoarder, not behind his or her back, nor in a mean, confrontational manner. (This may require some healthy family members, which some hoarders may not have!) Also, contrary to what you see on TV shows about hoarders, people shouldn't impose and/or force their own standards on the hoarder. But they should intervene when the family's quality of living is jeopardized by the hoarder's behavior. At times, the book got "clinical" but bottom line, it gave some very practical tips on clean-up and how to reward the hoarder for doing so. There were also some helpful links to a couple of evaluation tools, and links to more info at several websites. Well worth the price, and had useful information. You'll never know when you may need it!

Compulsive hoarding is a growing disorder due to many factors as the author explains. Usually it is easy to judge others that struggle with a disorder like this, but a much better response would be to support and help them. The book explains what hoarding is, why it affects a lot of people and gives 6 steps to help you now how to start to treat it. The book is great for any one that is a hoarder or family members that lives with a compulsive hoarder.

I never thought that hoarding is associated with psychological problems and could have a big impact on one's life. Thought some people have done it because they become so attached to particular things out of sentiment, but as what this book had explained, it could be that unconsciously they did not realize that it's already a problem which needed to be resolved. This book contains self-help suggestions from a psychologist's point-of-view that could very well help family members to slowly understand its implication, thus helping a family member who is a hoarder to detach himself/herself from those unnecessary stuff. Recommend it.

A good practical guide that helps families better understand how to tackle the issue of hoarding. The book is very informative and educational. I found the real-life examples that the author uses to illustrate points and the summary and key takeaways at the end of each chapter to be very helpful. I also thought the book was well-organized and structured purposefully to help readers understand and think through important points that the author wants us to learn. However, I caught a handful of grammatical errors/typos. I let 1 or 2 slide, but more than that, in my opinion, is just unprofessional. For this reason, I deducted a star. Overall, I think this is a good guide and enjoyed reading it.

Hoarding has always bewildered me. I found this very interesting. The author gave many reasons why a hoarding problem can start. Its done in a way that makes you know he cares and is compassionate about this issue. Not many people are. This book gave great ideas on how to help someone you might now that has the problem.

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