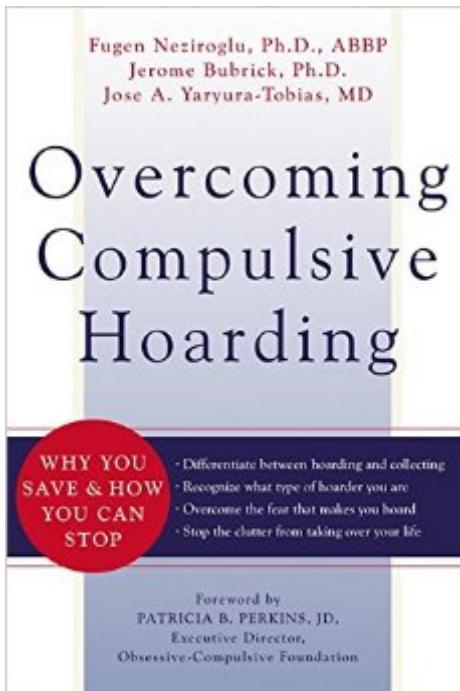


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# Overcoming Compulsive Hoarding: Why You Save And How You Can Stop



## **Synopsis**

Although the much-satirized image of a house overflowing with National Geographics and infested with cats may make us chuckle, the reality of compulsive hoarding is no laughing matter. The most common reason for evictions in the US and a significant risk factor for fatal house fires, compulsive hoarding is a treatable condition related to obsessive-compulsive disorder. It is characterized by the acquisition of possessions that have little or no value, which the sufferer, often referred to as the saver, has great difficulty discarding. This book, the first ever written for savers and their families, provides an overview of compulsive hoarding and how it relates to obsessive-compulsive disorder. It discusses hoarding broadly, offering readers perspectives on the physical, behavioral, and value-oriented aspects of the condition. You can use its assessment tools to help decide why you or your loved one hoards. Skill-building exercises help you determine how to beat the hoarding problem by addressing issues that often underlie compulsive saving. Even though this is fundamentally a self-help book, it contains a frank discussion about the need for professional help in some hoarding cases, how to find it, and what medications have been proven effective for savers.

## **Book Information**

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## **Customer Reviews**

There is no other book like this. I have seen people who suffer from compulsive hoarding and how hard it is for them to even recognize what affects them and their families. This short book was long overdue. The authors are certainly knowledgeable. They enlisted some of the best authorities in the field. Yet this book is a major disappointment. The ingredients were all there but all is lost. They

miss key points about the nature of hoarding. They do mention well-known cognitive strategies (all or nothing thinking, overgeneralization, jumping to conclusions and others). They try to apply them in "flash cards" of the kind "I am a loser because my house is such a mess". Yet most hoarders do not feel this way. They feel attached to their possessions, they can't throw them away. They do not see themselves as losers per se, but strangely attached to things that they know they must depart from but that they can't. The authors use "flash card" with statements such as "I can't throw away these plastics bags" to be put against "should statements" and "jumping to conclusions". Yet the real thing behind what hoarders feel is not what these techniques show. The real thing is called fear. These techniques do not address them. Later in the chapter, "cleaning the clutter", a lot of time is devoted to tell hoarders that they should separate their stuff in the categories "save", "discard" and "handle immediately". A typical hoarder will put most of his/her stuff back in the "save" category! The authors ask them to apply cognitive strategies explained in an earlier chapter without actually going through them for each type of possession and addressing the fear that hoarders feel.

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