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# Hoarding: Help For Families Dealing With Obsessive Collecting And Clutter (Life Psychology Series) (Volume 2)



## Synopsis

**Hoarding: Help For Families** A practical guide to help families deal with a hoarder and make positive changes Part of the Life Psychology Series, books written by psychologists who have practical experience, bringing together the latest thinking and practice in a clear and easy to read format, aimed at people who need a simple but effective guide for addressing their problems. **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 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.”

## Book Information

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## Customer Reviews

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!

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.

Things are to be used and people are to be loved. It 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 book has helped me diagnose the disorder that I suffer from and provided me impactful strategies to overcome the disorder. I am going to try some of the strategies right away esp. the one that says - avoid flea markets and garage sales. This book has taught me that 'collecting' a large supply of often unnecessary items isn't healthy. Likewise this book gave new insights about the impact and frustrating problems of Hoarding. I'm glad I got this easy to read e-book, now I can get a handle on my own situation. The author did a great job. I highly recommend.

If you came for help for you, you came to the wrong place. The author says that the family is responsible for helping and managing the hoarder. This book doesn't even touch the emotional blackmail, the violent temper tantrums and the verbal abuse the family endures from the hoarder. Also, there is no mention of the hoarder's neglect of their own health and hygiene or their unwillingness to spend money on home maintenance/repairs or on the rest of the family. Save your money. Go to Al-Anon.

Compulsive hoarding is a growing disorder due to many factors as the author explains. Usually is it 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 effects 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.

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.

The book filled with lots of facts to help the family cope with relative or themselves in hoarding. I find it hard to let go of stuff and sometimes I have let someone take that control and let it go.

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