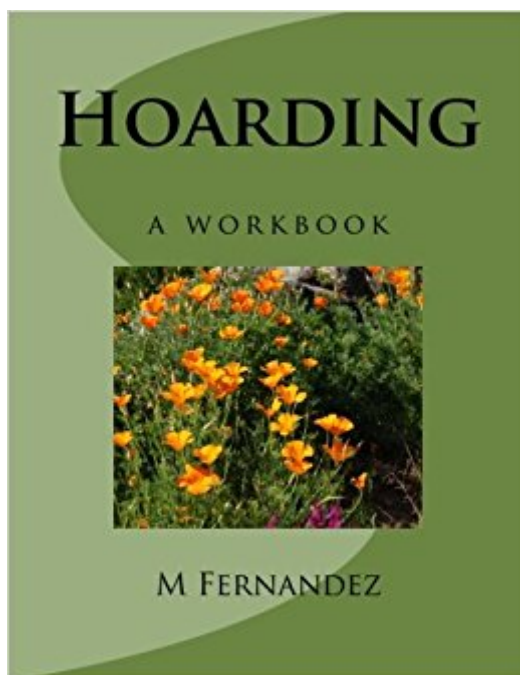


The book was found

Hoarding: A Workbook



Synopsis

After working with more than a dozen hoarders over the years (and growing up with a serial collector) I have figured out some pretty amazing ways to organize a hectic, eclectic mess. Come along on a journey of healing from a hoarding addiction by following the advice and participating in the activities outlined in this workbook. My hope for all who need and read this booklet is complete and total peace within the walls of their homes, restoration with family members and friends who have drifted away, and a healthy lifestyle going forward. Please read this booklet with the knowledge that my life is not in perfect order yet. I still have boxes in my garage that need going through, a few stacks of papers in my bedroom, and a storage unit that needs to be burned to the ground. OK, not actually but I like to think that would be easier than organizing it. Your journey will be like mine; first you have to recognize a problem with your hoarding behavior. Once you've done this, reach out to others, read books, seek out an experienced counselor, and work through this booklet. I will be praying for each person who purchases this booklet because I know prayer works. God bless you on your journey to healing.

Book Information

Paperback: 66 pages

Publisher: CreateSpace Independent Publishing Platform; Workbook edition (February 21, 2015)

Language: English

ISBN-10: 1508588767

ISBN-13: 978-1508588764

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #795,504 in Books (See Top 100 in Books) #64 in Books > Health, Fitness & Dieting > Addiction & Recovery > Hoarding #58050 in Books > Self-Help

Customer Reviews

Mellisa was born into a family with a compulsive shopper mother and a serial collector father. Both were also alcoholics. When Mellisa was young she used to organize the kitchen, pantry, and clean the house. As an adult, she tried and failed to keep her house in order as she fought her own compulsive collecting behavior. It was difficult to maintain and live in a peaceful environment. She almost succeeded until she was given all of her father's collections after his death. It has been a long process of de-cluttering, giving away, selling, and tossing into the trash bin but she sees a light

at the end! Still battling with impulses to buy what she doesn't need, she stays away from stores that trigger unhealthy behaviors; thrift and outlet stores. Mellisa currently lives in the country where she raises chickens, donkeys, and goats. She doesn't hoard though! All excess animals are sold to pay for the food necessary to keep the others. Visit her at www.nanasranchblog.com

[Download to continue reading...](#)

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) Compulsive Hoarding: Understanding & Treating Compulsive Hoarding Hoarding Self Help: How to Overcome Compulsive Hoarding Disorder for Life (Hoarders, OCD, Treatment) Hoarding: a workbook Recover to Live: Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide to Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex and Porn Overcoming Compulsive Hoarding: Why You Save and How You Can Stop From Hoarding to Hope: Understanding People Who Hoard and How To Help Them Stuff: Compulsive Hoarding and the Meaning of Things Hoarding: Help For Families Dealing With Obsessive Collecting and Clutter (Life Psychology Series) (Volume 2) Get Organized Secrets of Professional Organizers Volume 1: Leading Experts Talk About Chronic Disorganization & Hoarding CLUTTER TO CLUTTER FREE: A Step by Step Guide on How to Organize and Get Rid of Clutter For a Stress-Free Life and Home (Home Organization, Hoarding, Declutter, Clutter free living with Kids) Zen of Hoarding: 108 offerings for deciding what you own. Declutter Your Home Guided Self Hypnosis: Stop Hoarding & Organize Your Life, Bonus Affirmations & Body Work Get Organized Secrets of Professional Organizers Volumes 1-3: Experts Talk About Chronic Disorganization & Hoarding, Productivity & Life Balance, Decluttering, Organizing & Simplifying Life 30 Days to Overcoming Hoarding: Journey to a Cleaner Home for Hoarders (Organization, Planning and Time Management Book 4) Cluttered Lives, Empty Souls: Compulsive Stealing, Spending, and Hoarding Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding (Treatments That Work) Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook) The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)