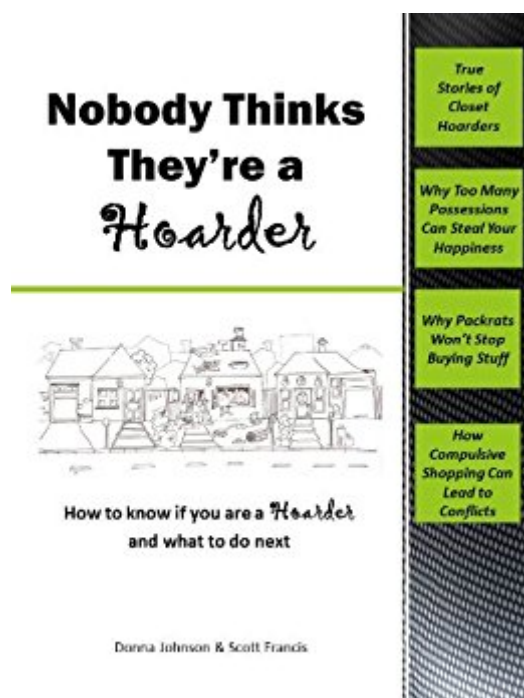


The book was found

Nobody Thinks They're A Hoarder (How To Know If You're A Hoarder And What To Do Next)



Synopsis

Shocking statistics paint a picture about how Americans are buying and keeping more "stuff" than ever before. It's estimated that there are 3 million hoarders in the U.S., according to our Google search. That number may be much higher due to the reality that people hide their cluttered mess behind closed doors. "Nobody Thinks They're a Hoarder" is a book that helps people who excessively or compulsively hoard, shop, accumulate, and collect much more than they need. According to wikipedia.com, in 1960 there were 0 storage facilities in the U.S. or anywhere in the world. As of 2009, there were 58,000 storage unit facilities worldwide! And 46,000 alone are in the U.S. (Of course, that's just storage facilities, not units!) As of 2012, American households own twice as many possessions as they did in 1995. Bottom line: A whole lot of Americans buy and hoard! Whether you're a shopaholic, hoarder, packrat, or excessive collector, "Nobody Thinks They're a Hoarder" provides guidance on how to understand why you do what you do, what effect it has on you and those around you, and how to make simple changes toward achieving a happier life. It's help for those who want to stop the runaway train called compulsive buying and hoarding. This book is also for those who live with or love a hoarder. Find out how to stop hoarding, get organized, and go clutter-free! Reclaim your life, home, relationships, and your happiness starting today.

Book Information

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Customer Reviews

I thought that this was really well written. At first, I thought it was going to be one of those books that specifically talked about hoarders and nobody else. It was interesting how the book was able to point out the different variety of hoarders there really are. I also found it intriguing how they also went on about how you can be better about getting rid of your clutter and ways on how to do that. It was well written and easy to read. Enjoyable for everyone even if you don't think that you aren't a hoarders.

Ouch! This hurts! Even though I purchased this to better understand and help a family member, I recognized some things I struggle with also. Very helpful hints and ways to look at roots of problems along with steps to begin dealing with it. There are deeper books out there to deal with serious cases but this is a great tool to start with and to discuss with other people close to the hoarder. And it may be all you need. There are really many hoarders out there, it is much more common than you think, and there seems to be more understanding of it thanks to articles, books, and TV exposure.

This book is a painful reminder that to fix a problem you must believe that there really IS a problem...I highly recommend you read this to gain insight on how to help those in need and to have patience with them...A very worthwhile purchase!

"Nobody Thinks They're a Hoarder" is an excellent, practical, straightforward advice from two recovering hoarders. It's supportive, non-condescending, and even humorous. It also goes into detail about how hoarding may affect others. I struggle with a tendency toward hoarding, myself. I know I'll find this book helpful.

If you need to free you mind, heart, and soul start controlling your environment! This book will help you do it!!!!!!!!!!

I am trying to sort out my problems with over accumulation and lack of organization and thought this book might help. It does, somewhat. I am narrowing it down to something less than full blown

hoarding and closer to unorthodox organization style with a dash of OCD. This book did help drive home that this will have a bad effect on some people who share the same environment and they do have the right to be considered. However, the constant insistence that we are all sick puppies who must face our demons together while holding hands and singing kumbaya got on my nerves. That is probably unfair, but it was the effect it had on me at times and it undermined (for me) the truly useful aspects of this book.

The tips in cleaning were my favorite. Well as a third generation hoarder, I completely agree with finding out why I hoard. We have lost so many family members in the last 10 yrs. Now needing to clean out my grandmother's house with my mom the only living daughter I struggle getting mom to let go. It has been 2 yrs since her passing.

Sadly, this book is somewhat poorly organized, reflecting the problems of the co-authors rather than their growth and recovery from what they determine is a compulsive disorder. Leaves one wanting more...more real information, for one, rather than opinion passed off as fact, or personal experience presented as dogma. Much more thought, research, and a talented editor are needed here.

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