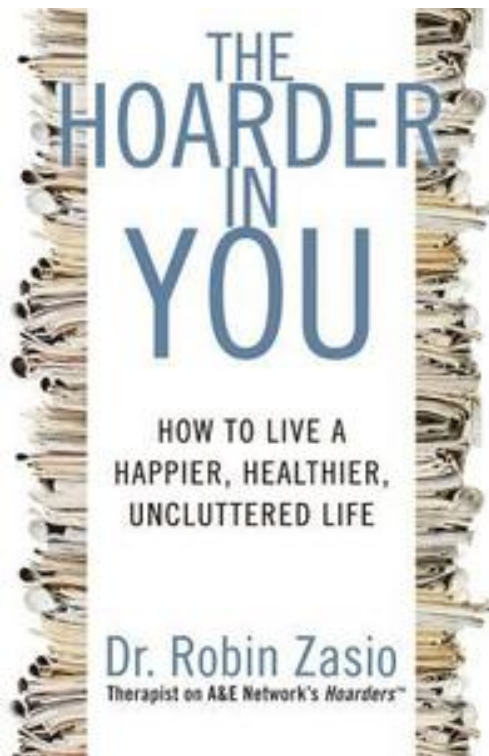


The Hoarder In You

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Robin Zasio

The Hoarder In You Robin Zasio boken PDF

From the hit A&E show Hoarders, psychologist Dr. Robin Zasio shows readers how to take control of their stuff and de-clutter their lives. Recently, the once little-known condition of hoarding has become a household phrase-in part due to the popularity of the Emmy Award-winning television show Hoarders, which has captivated audiences with its stark and heartbreaking look at the people who suffer from this paralyzing condition. Contributing expert to Hoarders Dr. Robin Zasio believes that our fascination with hoarding stems from the fact that most of us fall somewhere on the hoarding continuum. In *The Hoarder in You*, Dr. Zasio shares behind-the-scenes stories from the show, including some of the most serious cases of hoarding that she's encountered-and explains how readers can learn from these extreme examples. She also shares psychological and practical advice for de-cluttering and organizing, including how to tame the emotional pull of acquiring additional things, make order out of chaos by getting a handle on clutter, and create an organizational system that reduces stress and anxiety.



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