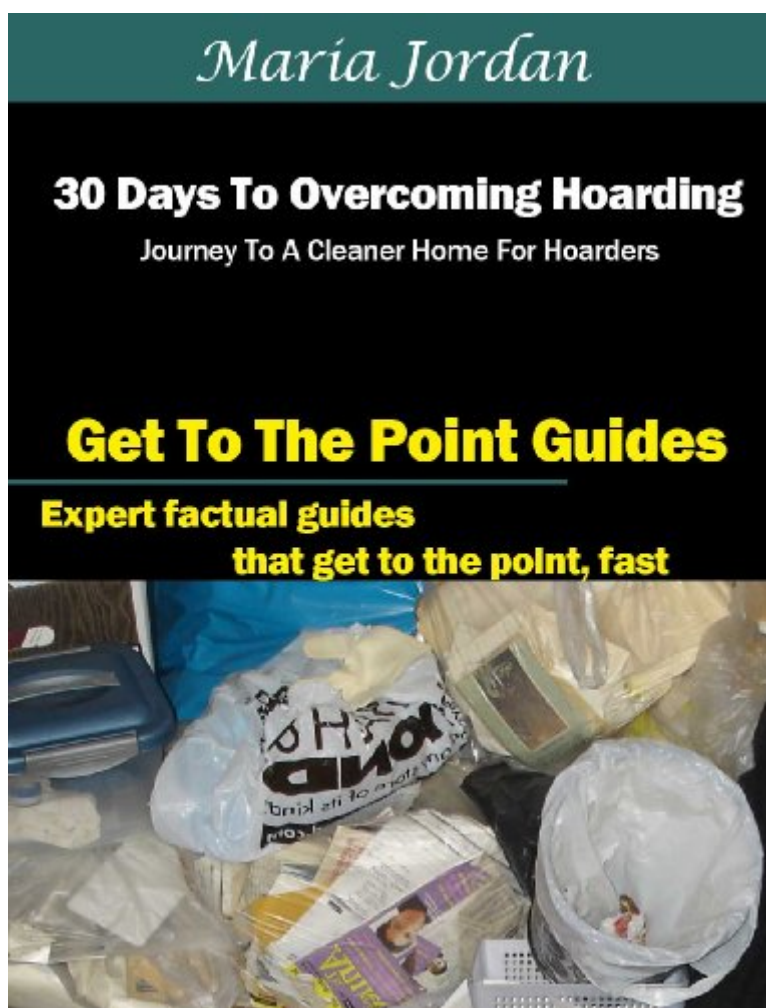


The book was found

30 Days To Overcoming Hoarding: Journey To A Cleaner Home For Hoarders (Organization, Planning And Time Management Book 4)



Synopsis

A compulsive hoarder collects and retains items within the home that are, for the most part, useless junk. Their homes are so cluttered with objects that they have to make small paths to get between rooms. Due to the amount of clutter they have a significant reduction in the quality of his or her life. This book will help a hoarder overcome this disorder and within 30 days live in a less cluttered home. The book is also helpful for a concerned friend or family that would like to help a hoarder overcome their problem. The book will provide you with helpful factual advice on overcoming hoarding by helping you set achievable goals. You also have access to checklists and chore charts which you can action each day and each week.

Contents:

- Are you a hoarder?
- Concerns of friends and family
- Confronting a Family Member who is a Hoarder
- What causes hoarding?
- Motivation
- Goals
- Goal Setting may Include Asking for Assistance
- Animal Hoarding
- Helping Animal Hoarders
- Checklists and chore charts- Sample Daily Cleaning House Checklist- Sample Weekly Cleaning House Checklist- Sample Monthly Cleaning House Checklist- Sample Chore Chart- Sample Family Chore Chart
- Steps to take in order to maintain a clutter-free home
- Bonus Chapter - Organizing Storage Closets

Book Information

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in Â Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Hoarding

#104 in Â Â Books > Health, Fitness & Dieting > Addiction & Recovery > Hoarding #903

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Customer Reviews

The book description is pretty accurate, but it doesn't match the title. I read the book in about an hour. Took the quiz which essentially confirmed my concerns that I am a hoarder, read about confronting the hoarder (a little tougher when it's your own issue), and read about chore charts that are supposed to keep me on track ONCE THE HOUSE IS EMPTIED AND CLEANED. Where does 30 days come into it? I'm sure I couldn't find it. There is nothing in this book that would compel me to return to it to create the change needed. I was hoping for something like: Day 1: Walk through your living quarters and take pictures or notes reflecting what you actually see. Hmmm, I was going to go on but I think it might be time to take what I'm thinking and turn it into a book of my own (if it works). Wish me luck and watch for my book! Let's see what the next 30 days brings. If you want information about what hoarding is and how friends/family can "help," this book might be for you. It wasn't what I anticipated, guess reading the description is more important than reading the title.

If you are looking for a book that gives you step by step on how to actually get rid of the hoard - this book is not for you. I thought it would be something like "Day 1 - work on this and this is how, Day 2 - work on this and this is how, etc...". But this book is nothing like that. There are some good point but not what i was looking for. I was very disappointed and wish i could get my money back.

This is basically an article not a book. i expected something of more depth. This author seems to have a whole series of similar books that I suspect are similarly lacking in scope.

This concise guide gives practical solutions to the problem of hoarding. It also gives insight into the psychological mechanisms that create hoarding and how to recognize the warning signs in oneself. I highly recommend this to anyone who has a problem letting go of things or whose life has been taken over by clutter due to thinking, "Waste not, want not." This book is certain to help restore balance. It did for me.

It's OK, but not real motivating. I am not at the point where I am hoarding, but I watch the program on TV. My problem is clutter and I don't feel this book pushed me enough to get me going.

Bit of a light lick on a tough job.

Just like described. Reasonable price and good quality. I like this product. Would order again if I wanted or need it!

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