

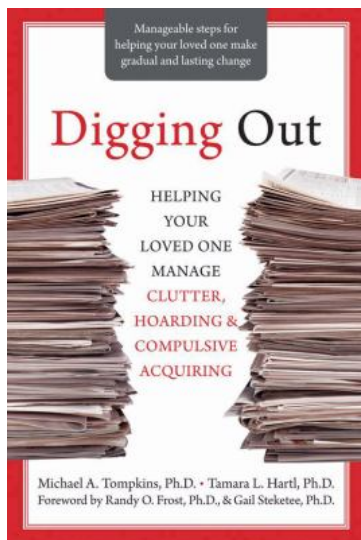
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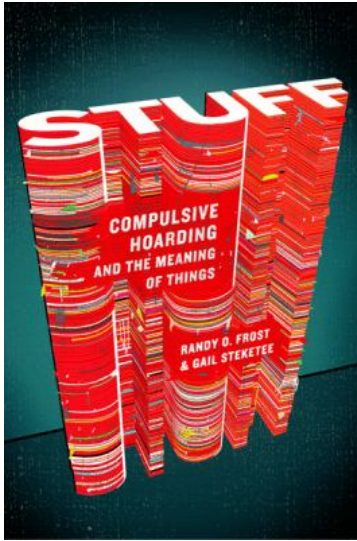
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- Digging out : helping your loved one manage clutter, hoarding, and compulsive acquiring / Tompkins, Michael A. – available at the WCL 616.8584 Tom



In Digging Out, you will find a complete guide to helping your loved one with a hoarding problem live safely and comfortably in his or her home or apartment. Included are realistic harm reduction strategies that you can use to help your loved one manage health and safety hazards, avoid eviction, and motivate him or her to make long-term lifestyle changes. You'll learn how to handle a roommate or spouse with a hoarding problem, identify and work through special considerations that may arise when the person who hoards is frail and elderly, and receive guidance for healing strained relationships between people who hoard and their friends and family. Take heart. With this book as a guide, you can help your loved one live more comfortably and safely, salvage your damaged relationship, and restore your peace of mind.

- **Stuff : compulsive hoarding and the meaning of things / Frost, Randy O. – two copies available in WCL 616.85227 Fro**



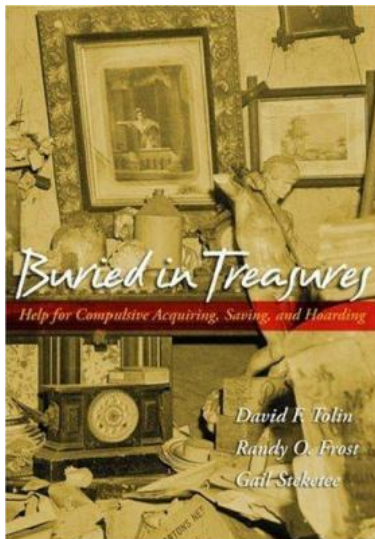
What possesses someone to save every scrap of paper that's ever come into his home? What compulsions drive a woman like Irene, whose hoarding cost her her marriage? Or Ralph, whose imagined uses for castoff items like leaky old buckets almost lost him his house? Or Jerry and Alvin, wealthy twin bachelors who filled up matching luxury apartments with countless pieces of fine art, not even leaving themselves room to sleep?

Randy Frost and Gail Steketee were the first to study hoarding when they began their work a decade ago; they expected to find a few sufferers but ended up treating hundreds of patients and fielding thousands of calls from the families of others. Now they explore the compulsion through a series of compelling case studies in the vein of Oliver Sacks. With vivid portraits that show us the traits by which you can identify a hoarder--piles on sofas and beds that make the furniture useless, houses that can be navigated only by following small paths called goat trails, vast piles of paper that the hoarders "churn" but never discard, even collections of animals and garbage--Frost

and Steketee explain the causes and outline the often ineffective treatments for the disorder. They also illuminate the pull that possessions exert on all of us. Whether we're savers, collectors, or compulsive cleaners, none of us is free of the impulses that drive hoarders to the extremes in which they live.

For the six million sufferers, their relatives and friends, and all the rest of us with complicated relationships to our things, *Stuff* answers the question of what happens when our stuff starts to own us.

- **Buried in treasures : help for compulsive acquiring, saving, and hoarding / Tolin, David F. 616.85227 Tol**

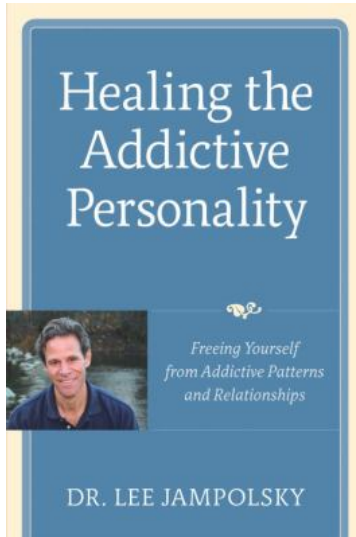


*Buried in Treasures* outlines a scientifically-based and effective program for helping compulsive hoarders dig their way out of the clutter and chaos of their homes. Discover the reasons for your problems with acquiring, saving, and hoarding, and learn new ways of thinking about your possessions so you can accurately identify those things you really need and those you can do without. Learn to recognize the "bad guys" that maintain your hoarding behavior and meet the "good guys" who will motivate you and put you on the path to change. Features of this book include:--Self-assessments to determine the severity of the problem--Tips and tools for organizing your possessions and filing your paperwork--Strategies for changing unhelpful beliefs about your possessions--Behavioral experiments to reduce your fear of anxiety and fear of discarding.

- **Overcoming compulsive hoarding, why you save and how you can stop 2004 Neziroglu, Bublick, Yaryura-ToBias (this is not in our system)**

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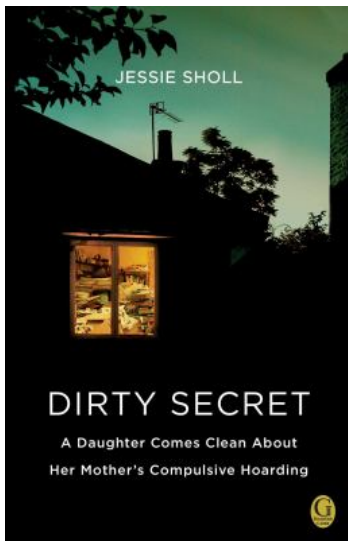
- Healing the addictive personality : freeing yourself from addictive patterns and relationships / Jampolsky, Lee L., 1957-



Since 1991, Dr. Lee Jampolsky's self-help classic *Healing the Addictive Mind* has given well over 100,000 people around the world the tools to create significant change in their lives. Now he continues his proven and trustworthy blend of practical and positive psychology with *HEALING THE ADDICTIVE PERSONALITY*. Dr. Jampolsky's straightforward approach, based on firsthand experience, presents ways of healing addictive thinking, behavior, and destructive relationship patterns with forgiveness, compassion, and the potential for limitless opportunity through an eleven-week action plan.

A personal note from the author: "Many people live in a self-imposed prison and don't even know it. I did. For years I was so busy building walls I did not see that I was imprisoning myself behind them. My addictive thinking and behavior became the bars of my cell. I denied feeling empty inside and instead looked for new things to acquire, substances to take, and goals to achieve in order to feel better about myself. Sometimes I felt momentarily free, powerful, and whole, but in the end my addictive cycle only compounded my loneliness and despair. If you recognize this pattern in yourself, this book is addressed to you. Today, I am able to tell you I now know what true freedom and happiness are and I offer the path that I intend to follow every day of my life.

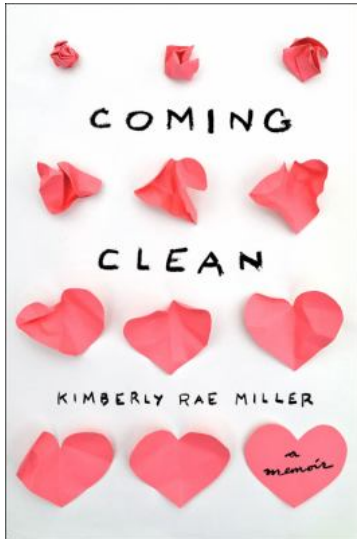
- Dirty secret : a daughter comes clean about her mother's compulsive hoarding / Sholl, Jessie.



*Dirty Secret* is a daughter's powerful memoir of confronting her mother's disorder, of searching for the normalcy that was never hers as a child, and, finally, cleaning out the clutter of her mother's home in the hopes of salvaging the true heart of their relationship--before it's too late.

Growing up, young Jessie knew her mother wasn't like other mothers: chronically disorganized, she might forgo picking Jessie up from kindergarten to spend the afternoon thrift store shopping. Now, tracing the downward spiral in her mother's hoarding behavior to the death of a long-time boyfriend, she bravely wades into a pathological sea of stuff: broken appliances, moldy cowboy boots, twenty identical pairs of graying bargain-bin sneakers, abandoned arts and crafts, newspapers, magazines, a dresser drawer crammed with discarded eyeglasses, shovelfuls of junk mail . . . the things that become a hoarder's "treasures." With candor, wit, and not a drop of sentimentality, Jessie Sholl explores the many personal and psychological ramifications of hoarding while telling an unforgettable mother-daughter tale.

- Coming clean / Miller, Kimberly Rae.

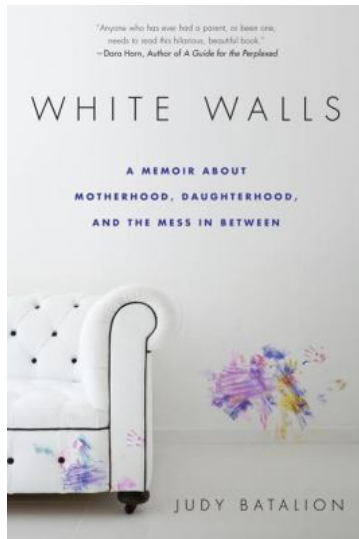


Kim Miller is an immaculately put-together woman with a great career, a loving boyfriend, and a tidy apartment on Manhattan's Upper West Side. You would never guess that Kim grew up behind the closed doors of her family's idyllic Long Island house, navigating between teetering stacks of aging newspapers, broken computers, and boxes upon boxes of unused junk festering in every room--the product of her father's painful and unending struggle with hoarding.

In this moving coming-of-age story, Kim brings to life her rat-infested home, her childhood consumed by concealing her father's shameful secret from friends, and the emotional burden that ultimately led to an attempt to take her own life. And in beautiful prose, Miller sheds light on her complicated yet loving relationship with her parents that has thrived in spite of the odds.

Coming Clean is a story about recognizing where we come from and the relationships that define us--and about finding peace in the homes we make for ourselves.

- White walls : a memoir about motherhood, daughterhood, and the mess in between / Batalion, Judith.



Judy Batalion grew up in a house filled with endless piles of junk, obsessively gathered and stored by her hoarder mother. The first chance she had, she escaped the clutter to create a new identity - one made of order, regimen and clean white walls. Until, one day, she found herself enmeshed in life's biggest chaos: motherhood. Told with heartbreaking honesty and humour, this is Judy's poignant account of her trials negotiating the messiness of motherhood and the indelible marks that mothers and daughters make on each other's lives.