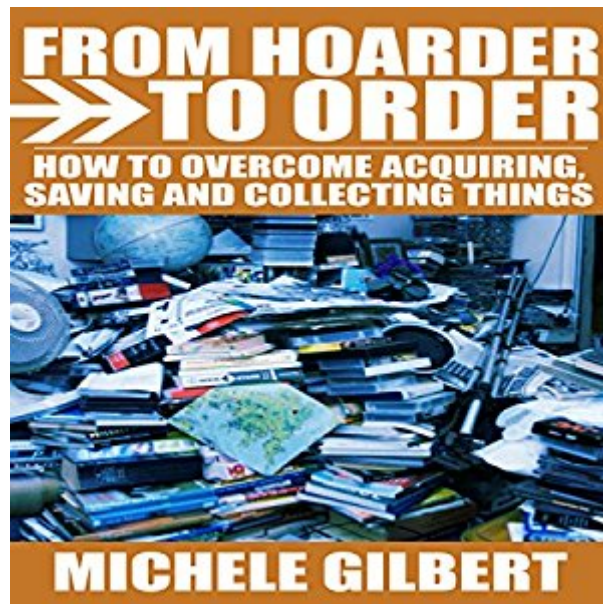


The book was found

From Hoarder To Order: How To Stop Acquiring, Saving And Collecting Things



Synopsis

Do you want to go from hoarder to order? Then stop accumulating stuff and declutter your home! Understand Hoarding and compulsive hoarding, and see how you can overcome it. People always have had trouble throwing things away. Magazines, newspapers, old clothes.... They think what if I need them one day? I don't want to risk throwing something out that might be valuable or appreciate with time. And those large piles of stuff keep growing, so it's difficult to move around, and there is no end in sight. This is why you need to consider decluttering and stop hoarding, saving, and collecting things.. Commonly hoarded items that need to be discarded may be newspapers, magazines, paper and plastic bags, cardboard boxes, photographs, household supplies, food, and clothing. Your friends have advised you to clear out that closet for years, and family has offered to help you throw away pots and pans that are no longer used in the kitchen. It seems that every time you make up your mind to declutter other thoughts arise that prevent you from clearing out the house. "What if I need these items in the future," you wonder. "I'd hate to be forced to buy the same product down the road because I disposed of it today." Your excuses and constant procrastination are more than simply a matter of putting off the inevitable. Check this out: Chapter 1: Clutter Defined Chapter 2: Clutter Effects Chapter 3: Clutter in History Chapter 4: Reasons Why You Haven't Decluttered Chapter 5: Why You Should Declutter Would you like to know more? Then download your copy today.

Book Information

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Customer Reviews

Although the title of this book includes "How To," the content does not. There are brief explanations

of cluttering and why it can be a problem. There's a rehash of some rather famous/infamous instances of cluttering and hoarding that are published in many places as I was already familiar with most of them. Not much in the way of how to, which would be a rather in depth topic. The titled book is actually very short, takes less than an hour to read. There are FIFTEEN, yes, that's right, 15 bonus books included. If they were on related topics, such as the psychology of hoarding, organization methods, decluttering methods, motivation for change, etc. they would be helpful and it would make sense to include those. Other Kindle authors occasionally bundle related books together. However, they are all on completely unrelated topics such as tarot cards and Wicca. Not sure why they are in there, perhaps to build up the total size of the book to make it appear to be a large volume on the hoarding behavior, but that is not the case. I've deleted the book from my device because all of the extra books, which are probably 95% of the total size of this book, were actually clutter on my device. Kinda ironic.

Very Short! The book itself is about 12-15 PAGES long. All the rest are attached books without content related to the books topic! Why 4 Stars? Because I like the on the spot description on why people become hoarders. Realizing why you have a habit will help you to get rid of it if you like! I found myself in some of these points and already changed.

This is a few short chapters, that talk briefly about hoarding and why some people are likely to hoard. There is absolutely nothing about how to stop or even where to find any help. After that totally useless bit there are bunch's of "books" about chakras, tarot cards, supplements, and many other totally useless and random things.

The act of holding on items no longer in use, and essentially creating clutter, is known by medical professionals as hoarding. The author has given a brief explanations of cluttering and why it can be a problem. By reading this book, we can have some idea about the benefits and disadvantages of being a hoarder as well. This book shows us a series of exercises designed to help us on our journey of recovery. It has tips and strategies of getting rid of being hoarder but to order. very informative and helpful book. Great read. recommended.

What I loved about this book is that it was basic enough for me to hand to my organizing clients who are concerned that they or a loved one may be a hoarder yet at the same time had enough breadth to cover the mental health components. The interviews with her clients really put a face to hoarding.

It is a secret that is kept often behind closed doors where many close friends or family are not even aware of it happening. This book will help pull back the curtain of what hoarding is and get us talking about it in the open. . I think it also deflates the bubble of overwhelm by giving enough information so that if I ever have the need, I'll know where to turn for help. I'd also recommend this book for Hoarders fans â ” I think it will help you see things through different eyes when you watch the show.

This book takes you through every room in the house offering practical tips on how you can get rid of the clutter and systematically put the stuff that you need, in order. The topics well-discussed here will help anyone suffering from this or those who are around people suffering from Compulsive Hoarding Disorder. The author provide a structured treatment program designed to change your thoughts, feelings and behaviors about your possessions. The book includes a series of exercises designed to help you on your journey of recovery. This guide book has shared some important tips and strategies of getting rid of being hoarder but to order. I recommended this book.

Last week my aunt hardly recommended me about this book and I had to purchase this book. But after reading this book I became impressed. This book taught me about how to stop hoarding, acquiring, de-clutter my life and get organized. Actually, I wanted to stop accumulating stuff and declutter my home too. By the help of this From Hoarder To Order: How To Stop Hoarding, Acquiring, Saving and Collecting Things (Compulsive Hoarding, Declutter Your Life, Get Organized) book I have understood about hoarding and also learned how to overcome it. Very 1st part of this book the author has described about clutter defined & effects. Then I have come to know about its history. After that this book showed me and helped me to understand about why I should de-clutter. The author of this book has done a good job and described everything step by step. Definitely it is worth reading.

I am searching for tips and guide how to cure my hoarder infection and I saw this book. I began understanding it and acknowledge numerous things about being a hoarder. This is a decent book and there are some not related points toward the end of this book trusting that it is associated so that the hoarder to request theme gets underscore. This book clarifies my present circumstance and how to turn my accumulating propensity to a precise and sort out world and it makes me considerably more cheerful and fulfilled.

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