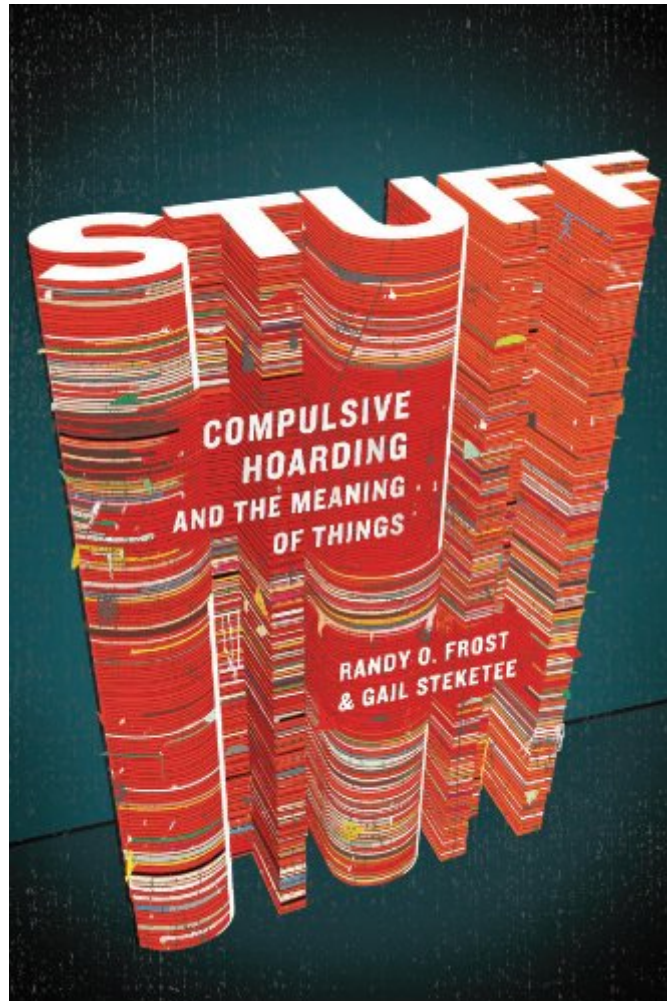


The book was found

Stuff: Compulsive Hoarding And The Meaning Of Things



Synopsis

A thoughtfully researched and fascinating appraisal of what happens when our stuff starts to own us. What possesses someone to save every scrap of paper that's ever come into his home? What compulsions drive a person to sacrifice her marriage or career for an accumulation of seemingly useless things? Randy Frost and Gail Steketee were the first to study hoarding when they began their work a decade ago. They didn't expect that they would end up treating hundreds of patients and fielding thousands of calls from the families of hoarders. Their vivid case studies (reminiscent of Oliver Sacks) in *Stuff* show how you can identify a hoarder's 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—and illuminate the pull that possessions exert over all of us. Whether we're savers, collectors, or compulsive cleaners, very few of us are in fact free of the impulses that drive hoarders to extremes.

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Obsessive Compulsive Disorder (OCD)

Customer Reviews

If you have a hoarder in the family, a neighbor, friend, etc. This book will shed some light on the problem. We found out my father had been "hoarding" for years when he took a fall and we went up to help. My wife was angry because NOTHING could be thrown out. My father in law became hostile and angry (very uncharacteristic of his usual outgoing and happy countenance) when you even asked to throw useless "stuff" out. It was all treasure to him! Although this is not a "help" or "solve the problem manual" it definitely sheds light on this bizarre illness. Compassion and some understanding came from my wife and I after reading this.

Fabulous read if you are someone who knows, loves, or cares for someone who struggles with over-collecting and compulsive shopping or returning. This is a compassionate, insightful read which tells stories of people and helps those who do not experience hoarding to understand the genetics and generational experience behind what leads to collecting or hoarding. I imagine that this book would also be compassionate enough for folks who experience hoarding to read. The similarities, comfort, and hope are apparent here. Highly recommend.

I have read or have on a shelf most of the books by other writers listed by this author. When my loving, helpful son mentioned this book as a resource for me, I was not even hopeful that it would be any more beneficial than the others have been in changing my attitude or behavior regarding my hoarding. But it has. Maybe I am just ready. Maybe the case histories paralleled my own more closely than others have previously. The reason why is not important, but the glimmer of hope is. Immensely so. My entire extended family just returned from a lengthy vacation together where a good time was had by all. The place where we stayed was palatial. I was able to leave in the trash there things I had bought for traveling that I probably would not use again, and clothes that had seen their better days. And donated new things I had not used to the cleaners. I did not overload myself with souvenirs. When I returned to my hoarded home, the stuff I have accumulated over decades was not welcoming. It was as if the scales had been removed from my eyes and I was offended by the lack of order. I'm still jet-lagged but I have started my quest to freedom by tossing a few things and setting aside things I no longer treasure to donate. For the first time in forever I think I can, just like the little engine that could. I am grateful for this book at this time in my life. Now the work begins..

Wow, this book really speaks to me more than any of the other books on this subject that I've read. I'm not finished with it yet because I've been reading slowly and then re-reading it and underlining

the parts that I think are especially pertinent. It gives me hope that I can overcome my addiction to stuff and finally have a nice home. I like the parts that are like their case studies. It goes to show that there are different reasons for different types of hoarding and doesn't just lump all hoarders in one particular type.

The author explains what hoarding is with many true stories that illustrate his points. I am not a hoarder. I just like to read about it. As I read, I found many of the thinking processes he discusses are exactly the same way I think about THINGS: "I may need that someday.", "we could fix that up and we could use it again", etc. Lot of great information.

Basically a bunch of extreme case studies the author and his students conducted. I'd hoped for something with insightful advice in dealing with my own hoarding tendencies. This was a little too textbooky.

Excellent book and very informative. I enjoyed the information and it can be used as a teaching tool. This book is highly recommended. You will not be disappointed.

This book was very compassionate and thoughtful in helping readers to get inside the mind of hoarders. Many personal stories and examples were helpful and I found myself wanting to read more.

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