



# Compulsive Hoarding and Acquiring: Workbook (Treatments That Work)

*Gail Steketee, Randy Frost*

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Although most people enjoy acquiring and using their possessions and nearly everyone keeps some things they don't need or use, people with compulsive hoarding carry this to an extreme. For them, ridding themselves of extra possessions is emotionally exhausting. Organizing is difficult and resisting the impulse to acquire new things is almost impossible. This book represents more than a decade of research and practice to understand hoarding and develop an effective treatment program that addresses its many components. Used in conjunction with the treatment described in the therapist guide, this workbook teaches people how to minimize the negative effect clutter has on their lives, as well as the lives of those close to them. Using effective and practical techniques and skills, this program helps people get used to the idea of sorting, organizing, and gradually removing their unwanted possessions. People who hoard tend to overvalue the importance of the things they own and keep. This book will also help people to recognize errors in their thinking and modify their thoughts and beliefs to more accurately reflect the value of their belongings. Worksheets for developing a personal organization plan and determining categories for filing are also included in this interactive, easy-to-use workbook. With these books, users can be active participants who successfully overcome their compulsive hoarding.

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some exploration when he makes this book. Honestly, that is why this book appropriate all of you.

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