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Titolo	Buried in treasures : help for compulsive acquiring, saving, and hoarding / / David F. Tolin, Randy O. Frost, Gail Steketee
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ISBN	0-19-060142-6 0-19-932927-3 0-19-932926-5
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (219 p.)
Collana	Treatments That Work Treatments that work
Disciplina	616.85/227 616.85227 616.8522706
Soggetti	Obsessive-compulsive disorder Compulsive hoarding Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- What is hoarding? -- Do I have a problem with hoarding? -- Meet the bad guys -- Meet the good guys : strategies for beating hoarding -- How did this happen? -- Enhancing motivation -- Reducing acquiring -- Sorting/discarding : getting ready -- Sorting/discarding : let's go! -- Here come the bad guys : part 1, motivation and working time -- Here come the bad guys : part 2, taking on your brain -- Maintaining your success.
Sommario/riassunto	While most people find it relatively easy to manage their possessions, some find it extremely difficult. If you have a problem resisting the urge to acquire and you find your home cluttered and filled to capacity with items many people would find useless and unnecessary, you may suffer from a condition known as hoarding disorder. Hoarding is a behavioral problem consisting of clutter, difficulty discarding items, and excessive buying or acquiring. Hoarding is often associated with

significant reduction in quality of life, and in extreme cases, it can pose serious health risks. If you or a love

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