

1. Record Nr.	UNINA9910464109403321
Autore	Tolin David F.
Titolo	Buried in treasures : help for compulsive acquiring, saving, and hoarding // David F. Tolin, Randy O. Frost, Gail Steketee
Pubbl/distr/stampa	New York, New York : , : Oxford University Press, , 2007 ©2007
ISBN	0-19-972726-0
Descrizione fisica	1 online resource (190 p.)
Disciplina	616.85227
Soggetti	Obsessive-compulsive disorder Compulsive hoarding Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Pages:1 to 25; Pages:26 to 50; Pages:51 to 75; Pages:76 to 100; Pages:101 to 125; Pages:126 to 150; Pages:151 to 175; Pages:176 to 190
Sommario/riassunto	1. How to use this Book 2. What is Compulsive Hoarding? 3. How did this Happen? 4. Meet the Bad Guys 5. Meet the Good Guys: Cognitive-Behavioral Strategies for Beating Hoarding 6. Enhancing Motivation 7. Sorting/Discarding: Getting Ready 8. Sorting/Discarding: Let's Go! 9. Help with Reducing Acquiring 10. Here come the bad guys: Part 1. Motivation and Working Time 11. Here come the bad guys: Part 2. Motivation and taking on the brain 12. Maintaining your Gains