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Autore	Tolin David F.
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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