

Stuff: Compulsive Hoarding and the Meaning of Things



Stuff: Compulsive Hoarding and the Meaning of Things

by Gail Steketee

★★★★☆ 4.5 out of 5

Language : English

File size : 4663 KB

Text-to-Speech : Enabled

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X-Ray : Enabled

Word Wise : Enabled
Print length : 306 pages
Lending : Enabled



Compulsive hoarding is a serious mental health condition that affects millions of people worldwide. Hoarders often have difficulty discarding possessions, even those that are worthless or unsanitary. This accumulation of clutter can lead to a variety of problems, including fire hazards, health risks, and social isolation.

In her book, "Stuff: Compulsive Hoarding and the Meaning of Things," author Randy Frost provides a comprehensive overview of the psychology and social implications of compulsive hoarding. Frost draws on her own research and clinical experience to offer insights into the mind of hoarders and strategies for overcoming this challenging condition.

One of the most important things to understand about compulsive hoarding is that it is a mental illness. Hoarders do not simply choose to live in clutter; they are driven by a powerful compulsion that they cannot control. This compulsion is often rooted in deep-seated psychological issues, such as anxiety, depression, or trauma.

Frost's book provides a detailed explanation of the different types of compulsive hoarding and the underlying psychological factors that contribute to this condition. She also offers practical advice for helping hoarders overcome their clutter and reclaim their lives.

If you or someone you know is struggling with compulsive hoarding, this book is an essential resource. Frost's insights and guidance can help you understand this challenging condition and find the help you need.

Reviews

"Stuff is a must-read for anyone who is interested in understanding compulsive hoarding. Frost's writing is clear, engaging, and informative. This book is a valuable resource for hoarders, their families, and mental health professionals." - Dr. David Tolin, Director of the Anxiety DisFree Downloads Center at the Institute of Living

"Frost's book is a groundbreaking work that sheds new light on the complex issue of compulsive hoarding. This book is essential reading for anyone who wants to understand this condition and help those who suffer from it." - Dr. Gail Steketee, Professor of Psychiatry at the University of Michigan

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Stuff: Compulsive Hoarding and the Meaning of Things is available now from all major booksellers. Free Download your copy today and start learning about the fascinating world of compulsive hoarding.

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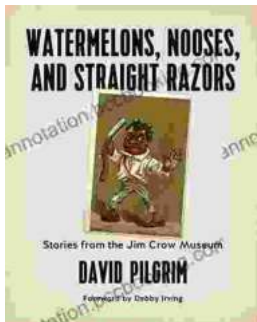
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