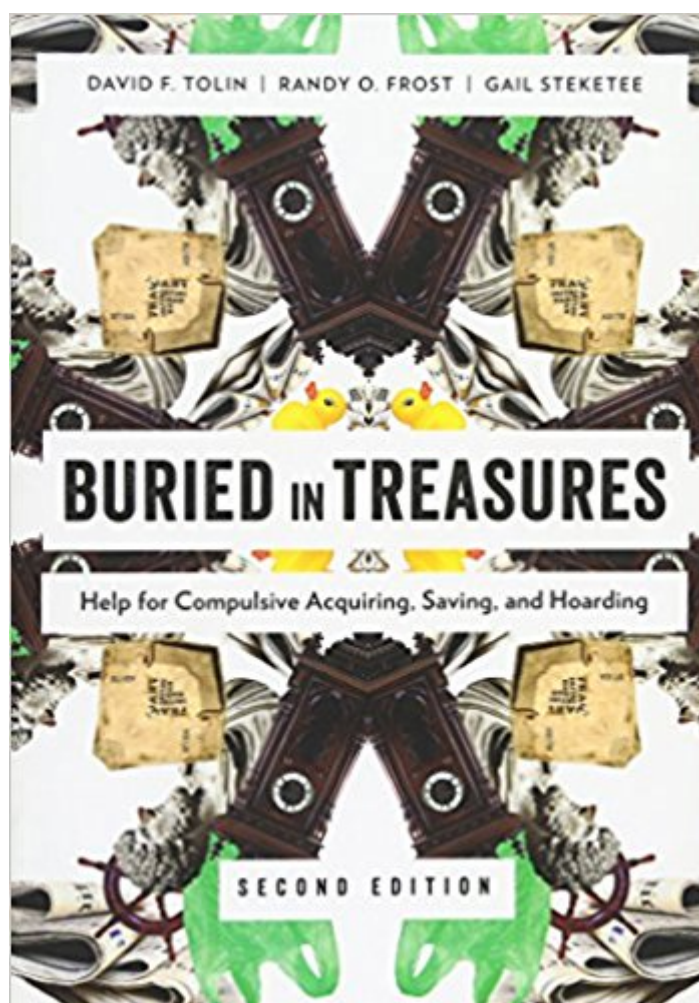


The book was found

# Buried In Treasures: Help For Compulsive Acquiring, Saving, And Hoarding (Treatments That Work)



## Synopsis

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 loved one has hoarding disorder, this book can help. This fully updated Second Edition of *Buried in Treasures* outlines a scientifically based, effective program for helping those with hoarding disorder dig their way out of the clutter and chaos of their homes. Written by scientists and practitioners who are leaders in studying and treating hoarding disorder, this book outlines a program of skill-building, learning to think about possessions in a different way, and gradual challenges to help people manage their clutter and their lives. It also provides useful information for family and friends of people who hoard, as they struggle to understand and help. Discover the reasons for your problems with acquiring, saving, and hoarding, and learn new ways of thinking about your possessions so you can decide what you really need and what you can do without. Learn to identify the "bad guys" that cause and maintain your hoarding behavior and meet the "good guys" who can help motivate you and put you on the path to change. Useful self-assessments will help you determine the severity of your problem. Training exercises, case examples, organizing tips, and motivation boosters help change the way you think and behave toward your possessions. This book provides easy-to-understand strategies and techniques that anyone can use.

## Book Information

Series: Treatments That Work

Paperback: 224 pages

Publisher: Oxford University Press; 2 edition (November 15, 2013)

Language: English

ISBN-10: 0199329257

ISBN-13: 978-0199329250

Product Dimensions: 9.9 x 0.7 x 7 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 69 customer reviews

Best Sellers Rank: #38,627 in Books (See Top 100 in Books) #39 in Books > Health, Fitness &

Dieting > Mental Health > Compulsive Behavior #90 inÂ Books > Textbooks > Social Sciences > Psychology > Clinical Psychology #121 inÂ Books > Textbooks > Social Sciences > Psychology > Psychopathology

## Customer Reviews

"...[the authors] have been leading the way in documenting characteristics of sufferers and how to treat the condition...an excellent guide for therapists who have only limited experience in treating hoarding, as well as for those who treat other subtypes of OCD but not necessarily hoarding."--Cognitive and Behavioral Practice "There are a fair number of self-help books out there on aspects of OCD. Buried in Treasures is among the best of them. People with a hoarding problem should definitely find value in this book. It also belongs on the shelf of many mental health providers because whatever population one is working with will have its share of individuals with this problem. I hope that, in future, the authors may bring their knowledge, experience, and excellent writing skills to additional self-help books on aspects of OCD." --PsycCRITIQUES "I would recommend this book to treatment providers, professional organizers and the compulsive hoarder. This book, if used properly, will guide the reader to clutter-free living!" -Patricia B. Perkins, JD, Executive Director, OC Foundation, Inc. "The world's leading experts on compulsive acquiring, hoarding and saving have presented their proven, step-by-step treatment in a practical, easy-to-understand format that will be useful to anyone who hoards, as well as any professional who treats this problem. If you are looking for ways to clear your clutter, you need to read this book now!" -Martin M. Antony, Ph.D., ABPP, Professor, Department of Psychology, Ryerson University, Author, When Perfect Isn't Good Enough "...[the authors] have been leading the way in documenting characteristics of sufferers and how to treat the condition...an excellent guide for therapists who have only limited experience in treating hoarding, as well as for those who treat other subtypes of OCD but not necessarily hoarding."--Cognitive and Behavioral Practice "There are a fair number of self-help books out there on aspects of OCD. Buried in Treasures is among the best of them. People with a hoarding problem should definitely find value in this book. It also belongs on the shelf of many mental health providers because whatever population one is working with will have its share of individuals with this problem. I hope that, in future, the authors may bring their knowledge, experience, and excellent writing skills to additional self-help books on aspects of OCD."--PsycCRITIQUES "Buried in Treasures is one of the few books I regularly recommend to clients and other professionals searching for clear, accurate and practical information on hoarders and hoarding behavior. David Tolin and his colleagues distill the latest research and apply a very human touch in this excellent reference." -Peter Walsh,

Professional Organizer and Author of NY Times best-seller *It's All Too Much*

Dr. David Tolin is Director of the Anxiety Disorders Center at the Institute of Living and Adjunct Associate Professor of Psychiatry at Yale University School of Medicine. Dr. Randy O. Frost is Harold & Elsa Siipola Israel Professor of Psychology at Smith College. Dr. Gail Steketee is Dean and Professor at Boston University School of Social Work. Drs. Tolin, Frost, and Steketee are among the world's leading experts in the study and treatment of hoarding disorder. Together, they have held three grants to study hoarding from the National Institute of Mental Health and have led the field in our understanding of why hoarding behavior occurs, how hoarding is reflected in brain activity, and how best to treat people with hoarding. They have developed and tested a treatment for hoarding, currently considered the "gold standard" in the field, which forms the basis of this book.

As a person who lives with a hoarder, this book is very helpful in understanding the disorder.

I cannot say enough good things about this book. It is full of helpful tools for a range of hoarders to identify solutions, with added guidance for family and friends.

Very interesting, informative, and very easy to understand. A must read for those of us who have family members who are hoarders.

Very helpful for working with clients or family members who have issues parting with their possessions. Can be used as a workbook. Helps clarify their perspective without oversimplifying.

Like the writers say, reading this book will not stop you from hoarding, but this is a very good first step. Also excellent information if your family member or friend has hoarding symptoms.

Such a helpful book for people who struggle with hoarding disorder and those who are trying to help them too!

Help to get unburied! A must!

Excellent, comprehensive treatment guide for self- help and clinician use. Very helpful; a variety of exercises and assessment tools.

[Download to continue reading...](#)

Hoarding: Help For Families Dealing With Obsessive Hoarding, Collecting and Clutter: (Treatments for Compulsive Acquiring, Saving and Hoarding - Accumulating things) (Life Psychology Series Book 2) Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding (Treatments That Work) Compulsive Hoarding: Understanding & Treating Compulsive Hoarding Hoarding Self Help: How to Overcome Compulsive Hoarding Disorder for Life (Hoarders, OCD, Treatment) Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Overcoming Compulsive Hoarding: Why You Save and How You Can Stop Stuff: Compulsive Hoarding and the Meaning of Things Cluttered Lives, Empty Souls: Compulsive Stealing, Spending, and Hoarding Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roulette,Gambling Systems) From Hoarder to Order: How to Stop Acquiring, Saving and Collecting Things Study Is Hard Work: The Most Accessible and Lucid Text Available on Acquiring and Keeping Study Skills Through a Lifetime Buried History of American Music, Songs and Showbiz Since1606: The Forgotten Originals, Pioneers, and Mega Stars. Part 2. (America's Musical Heritage and Treasures) From Hoarding to Hope: Understanding People Who Hoard and How To Help Them Hoarding: Help For Families Dealing With Obsessive Collecting and Clutter (Life Psychology Series) (Volume 2) Lost Treasures of Arkansas's Waterways: Hidden Mines, Buried Fortunes, and Civil War Artifacts Metal Detecting for Kids: An Easy Guide for Finding Buried Treasures With a Metal Detector Buried Treasures of the Ozarks Declutter Your Home Guided Self Hypnosis: Stop Hoarding & Organize Your Life, Bonus Affirmations & Body Work African holistic Health: Complete Herb Remedy Guide, Dis-ease Treatments, Nutrition, Diet, Wholistic Perspectives, africa Herb Histroy, Self Diagnosis, Charts, Wholistic Sex Laws, Herpes and AIDS Treatments, Cocaine Detox, and Foods That Kill

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)