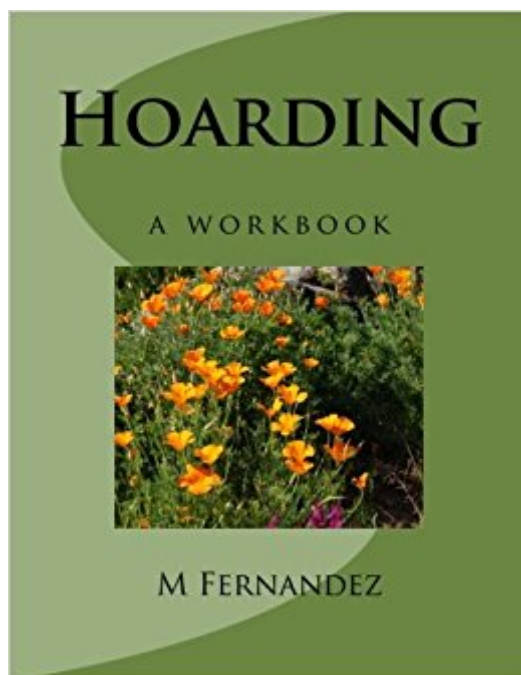


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# Hoarding: A Workbook



## Synopsis

After working with more than a dozen hoarders over the years (and growing up with a serial collector) I have figured out some pretty amazing ways to organize a hectic, eclectic mess. Come along on a journey of healing from a hoarding addiction by following the advice and participating in the activities outlined in this workbook. My hope for all who need and read this booklet is complete and total peace within the walls of their homes, restoration with family members and friends who have drifted away, and a healthy lifestyle going forward. Please read this booklet with the knowledge that my life is not in perfect order yet. I still have boxes in my garage that need going through, a few stacks of papers in my bedroom, and a storage unit that needs to be burned to the ground. OK, not actually but I like to think that would be easier than organizing it. Your journey will be like mine; first you have to recognize a problem with your hoarding behavior. Once you've done this, reach out to others, read books, seek out an experienced counselor, and work through this booklet. I will be praying for each person who purchases this booklet because I know prayer works. God bless you on your journey to healing.

## Book Information

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Product Dimensions: 8.5 x 0.2 x 11 inches

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Best Sellers Rank: #795,504 in Books (See Top 100 in Books) #64 in Books > Health, Fitness & Dieting > Addiction & Recovery > Hoarding #58050 in Books > Self-Help

## Customer Reviews

Mellisa was born into a family with a compulsive shopper mother and a serial collector father. Both were also alcoholics. When Mellisa was young she used to organize the kitchen, pantry, and clean the house. As an adult, she tried and failed to keep her house in order as she fought her own compulsive collecting behavior. It was difficult to maintain and live in a peaceful environment. She almost succeeded until she was given all of her father's collections after his death. It has been a long process of de-cluttering, giving away, selling, and tossing into the trash bin but she sees a light

at the end! Still battling with impulses to buy what she doesn't need, she stays away from stores that trigger unhealthy behaviors; thrift and outlet stores. Mellisa currently lives in the country where she raises chickens, donkeys, and goats. She doesn't hoard though! All excess animals are sold to pay for the food necessary to keep the others. Visit her at [www.nanasranchblog.com](http://www.nanasranchblog.com)

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