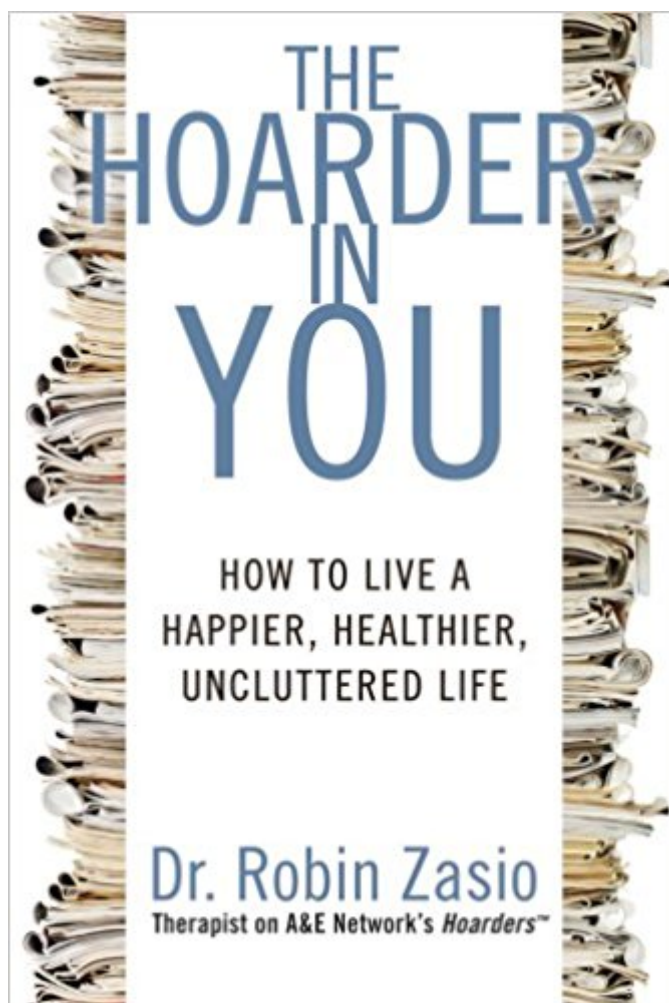


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# The Hoarder In You: How To Live A Happier, Healthier, Uncluttered Life



## Synopsis

From the hit A&E show Hoarders, psychologist Dr. Robin Zasio shows readers how to take control of their stuff and de-clutter their lives. Recently, the once little-known condition of hoarding has become a household phrase-in part due to the popularity of the Emmy Award-winning television show Hoarders, which has captivated audiences with its stark and heartbreaking look at the people who suffer from this paralyzing condition. Contributing expert to Hoarders Dr. Robin Zasio believes that our fascination with hoarding stems from the fact that most of us fall somewhere on the hoarding continuum. In *The Hoarder in You*, Dr. Zasio shares behind-the-scenes stories from the show, including some of the most serious cases of hoarding that she's encountered-and explains how readers can learn from these extreme examples. She also shares psychological and practical advice for de-cluttering and organizing, including how to tame the emotional pull of acquiring additional things, make order out of chaos by getting a handle on clutter, and create an organizational system that reduces stress and anxiety.

## Book Information

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## Customer Reviews

“I would say that Dr. Zasio’s book is about the best self-help work I’ve read in my 46 years as a health and science writer. She seems to know all the excuses and impediments to coping effectively with a cluttering problem, and she offers practical, clinically proven antidotes to them.” — Jane Brody, *The New York Times*  
“An easy to read, well-organized guide to improving your life and reforming the way you look at the mundane.” — *Publisher’s Weekly*

ROBIN ZASIO, PsyD, LCSW, is a featured doctor on the hit A&E series Hoarders and specializes in treating hoarding and other anxiety-related disorders. She lives in Sacramento, CA.

I recently read *The House We Grew Up In: A Novel* by Lisa Jewell which I thoroughly enjoyed and it prompted me to pursue additional information on hoarding. While that book is fiction, it appeared to have been well researched and I wanted to read more on the subject. This book is by Robin Zasio (sorry to say I hadn't heard of her before as I have never watched the television show) who is a psychologist specializing in hoarding disorder. I thought she did an excellent job of presenting the material in a very conversational way and never fell into the dry textbook style that makes the reader feel like he/she is wading through a lot of data and trying to piece together what it all means. My belief is that this book isn't written as a self-help book for folks with a serious hoarding disorder, but is written for the friends and family of the hoarder as well as people who are clutterers or possibly on the border line with an actual disorder. People who are seriously affected by hoarding most likely don't recognize their problem (as is explained in the book) and aren't going to be picking up a book to research a problem they don't think they have. It is helpful to the friends or family as it explains quite a bit about the condition and how the hoarder views their "stuff" and the negative reaction they have to people trying to interfere and take away their precious possessions. Personally, I am not a hoarder but do have hoarding, cluttering tendencies coupled with a desire to live in a very uncluttered environment. Since these are diametrically opposed to each other, my mode of operation is to acquire items and create clutter piles followed by periods of purging when it all gets to be too much for my comfort. It's a bit like the binge/purge cycle in eating disorders - the healthy thing is to not to binge in the first place. Through this book, I have been able in recent days to look at what is behind my acquisition periods as well as my difficulty getting rid of things/paper/receipts/etc. which are loaded with emotion. I have come to believe that some of my issue is that I was raised with depression era parents who grew up with shortages and rationing -- they were forever impacted by this experience and I grew up thinking that you should keep everything that might be useful someday since it might not be available when you needed it otherwise. This book was of immense help in identifying the anxiety I feel about letting the "good deal" go or the item that still had life in it but I didn't need it any more. The author also addresses all the family stuff that gets passed on from parents and grandparents and the guilt that comes with not wanting it all and trying to get rid of it. Bottom line: An excellent book on a subject that isn't understood very well. Anyone who has more stuff or clutter in their lives than they are comfortable

with would benefit from reading this and taking time for personal reflection.

I too saw this book reviewed by the NY Times and bought it for my Kindle the same day. While I don't have a problem with hoarding (no really, I swear!) the book has helped me with clutter, organization, and letting go. It was also well-written and well-organized. I liked how each chapter gave an overview of a particular behavior and then dove deeply into it and how to treat it. This allowed me to skip over the parts that weren't relevant to me and focus on the ones that were. The book helped me make three changes in my relationship to stuff. It helped me recognize "excessive acquirer" tendencies in myself. Too good a deal to pass up? Buying more in bulk than I need? Imagining someone who could use it? Guilty but getting better. The book also gave me specific suggestions for dealing with areas like my closet and files. Finally it helped me to see the "opportunity cost" of keeping things that I am not really using. This was particularly helpful in cleaning out my freezer and pantry. In sum, Dr. Zasio helped me realize a few behaviors that were detracting me from my best life and she provided me common sense advice that helped me change my perspective and behavior. Buying and reading this book was time and money well spent.

I really like this book, I learned a lot. By reading this book sometimes it makes you second guess yourself and then sometimes catch myself doing the same thing that a hoarder does by keeping stuff that is no longer needed and I stop myself and ask do I need this or can someone else use it? I donate a lot of Things to the Salvation Army or other great associations that pickup at your home, that always makes me feel good. Thanks

I'm on the hoarding continuum (as Dr. Zasio points out, most of us are), and picked this up because the title spoke to me. I'd always wanted to have a neater, more controlled environment, and lately (I'm in my early 60's) felt that my inability to get to that just might be related to the amount of stuff I own. Well, this book, combined with Marie Kondo's book on "tidying," gave me the one-two punch that I needed to make MAJOR changes. I've gotten rid of so much stuff I can hardly believe it, and haven't "missed" more than one or two items. I've even stopped shopping for "bargains," or doing extreme stockpiling of essentials that eat up space. TP is ALWAYS going to go on sale, ya know! The old, formerly boring adage "a place for everything and everything in its place" has new and thrilling meaning to me. No longer do I spend my weekend trying to get the house in order. I spend a certain amount of time putting some things back in their dedicated spots, a quick dust and vacuum, and then do one of my Kondo projects (last weekend, extension and data cords), and that's it for

cleaning. Our house (aside from those aspects my semi-hoarding husband controls) looks great! This brings with it a sense of calm, which I've wanted for years. The only problem is, I'm getting less tolerant of others hoarding!

This was a great reference book for anyone who is a hoarder or who is helping someone who hoards. A must read! And I've re-read it or sections of it when needing some specific information.

Very, very helpful in understanding someone with this disorder. I am no longer so quick to judge nor impatient with these people.

I have read several books on decluttering, and really enjoyed this book because it is well written and entertaining, yet very educational as well.

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The Hoarder in You: How to Live a Happier, Healthier, Uncluttered Life Nobody Thinks They're a Hoarder (How to Know If You're a Hoarder and What to Do Next) Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Declutter Your Mind Now - 22 Simple Habits To Declutter Your Mind & Live A Happier, Healthier And Stress-Free Life: How To Eliminate Worry, Anxiety & ... A Richer Life (Decluttering Secrets Book 1) Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking, Stop Smoking Forever, Stop Smoking Addiction, Quit Smoking ... Methods to Quit Smoking, Healthier Life) Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do The Little Book of Life Hacks: How to Make Your Life Happier, Healthier, and More Beautiful Non Alcoholic Fatty Liver Disease Liver Cleanse Diet & Recipes: because a happier liver makes a happier life. This Is My Brain on Endorphins: How I Got Fit, Healthier, and Happier (And You Can, Too) Chair Yoga: Sit, Stretch, and Strengthen Your Way to a Happier, Healthier You Successful Women Think Differently: 9 Habits to Make You Happier, Healthier, and More Resilient 52 Small Changes: One Year to a Happier, Healthier You The Vegan Way: 21 Days to a Happier, Healthier Plant-Based Lifestyle That Will Transform Your Home, Your Diet, and You The Multi-Orgasmic Diet: Embrace Your Sexual Energy and Awaken Your Senses for a Healthier, Happier, Sexier You Revitalize Your Hormones: Dr. Dale's 7 Steps to a Happier, Healthier, and Sexier You Sugar Detox: Three Weeks to a Healthier, Happier, More Balanced Life Living (Well!) with Gastroparesis: Answers, Advice, Tips & Recipes for a Healthier, Happier Life The

Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life  
The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution)  
Careful Where You Set This Down: A Strategic Guide To Heal The Hoarder In You

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