

# Access Free The Secret Lives Of Hoarders True Stories Tackling Extreme Clutter Matt Paxton Free Download Pdf

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*Rare Books Uncovered* Jun 19 2019 "Discoveries of rare and collectible books are chronicled in stories from both casual and die-hard book collectors" --

*Owned by an Aussie* Feb 08 2021 Learn what it's REALLY like to live with an Australian Shepherd directly through this collection of 48 stories from experienced Aussie owners. This book isn't meant to be a general guide for raising an Australian Shepherd. Instead, it's an in-depth look at what it really means to own an Aussie. By interviewing hundreds of Australian Shepherd owners we learned through their stories what it is really like to live with an Aussie. Through our interviews, we identified nine breed behaviors, personality characteristics, and unexpected quirks that are unique to Australian Shepherds: Intuitive Learners Affectionate, Close Companions High-Energy Cyclones of Playfulness Hard-Working Allies Devoted Family Members A Loyal Protector Creatures of Habit The Most Sensitive Dog at the Park Hoarders of Toys Whether you're a new Australian Shepherd owner or you've been raising them for years, you will love hearing the stories that these Aussie owners have shared.

*The House on Hoarder Hill* Oct 24 2019 Magical, spooky and mysterious: welcome to the House on Hoarder Hill ... When Hedy and Spencer start receiving messages on dusty picture frames, Christmas at their grandfather's spooky house turns into a mission to solve the mystery of their grandmother's disappearance. What is their magician grandfather not telling them? With the help of a (talking) mounted stag head, an (also talking) bear rug, and other (currently) disembodied spirits, and against the resistance of gargoyles and ravens, Hedy and Spencer set out to find the truth.

*Stuff* Dec 18 2021 The New York Times bestseller. "Gripping . . . By turns fascinating and heartbreaking . . . Stuff invites readers to reevaluate their desire for things."—Boston Globe "Amazing . . . utterly engrossing . . . Read it."—The Washington Post Book World What possesses someone to save every scrap of paper that's ever come into his home? What compulsions drive a person to sacrifice her marriage or career for an accumulation of seemingly useless things? Randy Frost and Gail Steketee were the first to study hoarding when they began their work a decade ago. They didn't expect that they would end up treating hundreds of patients and fielding thousands of calls from the families of hoarders. Their vivid case studies (reminiscent of Oliver Sacks) in Stuff show how you can identify a hoarder—piles on sofas and beds that make the furniture useless, houses that can be navigated only by following small paths called goat trails, vast piles of paper that the hoarders "churn" but never discard, even collections of animals and garbage—and illuminate the pull that possessions exert over all of us. Whether we're savers, collectors, or compulsive cleaners, very few of us are in fact free of the impulses that drive hoarders to extremes. "Authoritative, haunting, and mysterious. It is also intensely, not to say compulsively readable."—Tracy Kidder, Pulitzer Prize-winning author "Fascinating . . . a good mix of cultural and psychological theories on hoarding."—Newsweek "Pioneering researchers offer a superb overview of a complex disorder that interferes with the lives of more than six-million Americans . . . An absorbing, gripping, important report."—Kirkus Reviews (starred review)

*Stewardshift* Aug 14 2021 A truly new approach to a very old problem

*Dirty Secret* Aug 26 2022 A fascinating look at compulsive hoarding by a woman whose mother suffers from the disease. To be the child of a compulsive hoarder is to live in a permanent state of unease. Because if my mother is one of those crazy junk-house people, then what does that make me? When her divorced mother was diagnosed with cancer, New York City writer Jessie Sholl returned to her hometown of Minneapolis to help her prepare for her upcoming surgery and get her affairs in order. While a daunting task for any adult dealing with an aging parent, it's compounded for Sholl by one lifelong, complex, and confounding truth: her mother is a compulsive hoarder. Dirty Secret is a daughter's powerful memoir of confronting her mother's disorder, of searching for the normalcy that was never hers as a child, and, finally, cleaning out the clutter of her mother's home in the hopes of salvaging the true heart of their relationship—before it's too late. Growing up, young Jessie knew her mother wasn't like other mothers: chronically disorganized, she might forgo picking Jessie up from kindergarten to spend the afternoon thrift store shopping. Now, tracing the downward spiral in her mother's hoarding behavior to the death of a long-time boyfriend, she bravely wades into a pathological sea of stuff: broken appliances, moldy cowboy boots, twenty identical pairs of graying bargain-bin sneakers, abandoned arts and crafts, newspapers, magazines, a dresser drawer crammed with discarded eyeglasses, shovelfuls of junk mail . . . the things that become a hoarder's "treasures." With candor, wit, and not a drop of sentimentality, Jessie Sholl explores the many personal and psychological ramifications of hoarding while telling an unforgettable mother-daughter tale.

*Keep the Memories, Lose the Stuff* Jul 25 2022 America's top cleaning expert and star of the hit series Legacy List with Matt Paxton distills his fail-proof approach to decluttering and downsizing. Your boxes of photos, family's china, and even the kids' height charts aren't just stuff; they're attached to a lifetime of memories—and letting them go can be scary. With empathy, expertise, and humor, Keep the Memories, Lose the Stuff, written in collaboration with AARP, helps you sift through years of clutter, let go of what no longer serves you, and identify the items worth keeping so that you can focus on living in the present. For over 20 years, Matt Paxton has helped people from all walks of life who want to live more simply declutter and downsize. As a featured cleaner on Hoarders and host of the Emmy-nominated Legacy List with Matt Paxton on PBS, he has identified the psychological roadblocks that most organizational experts routinely miss but that prevent so many of us from lightening our material load. Using poignant stories from the thousands of individuals and families he has worked with, Paxton brings his signature insight to a necessary task. Whether you're tired of living with clutter, making space for a loved one, or moving to a smaller home or retirement community, this book is for you. Paxton's unique, step-by-step process gives you the tools you need to get the job done.

*Hoarders* Apr 29 2020 In Hoarders, Durbin deftly traces the associations between hoarding and collective US traumas rooted in consumerism and the environment. Each poem is a prismatic portrait of a person and the beloved objects they hoard, from Barbies to snow globes to vintage

Las Vegas memorabilia to rotting fruit to plants. Using reality television as a medium, Durbin conjures an uncanny space of attachments that reflects a cultural moment back to the reader in ways that are surreal and tender. In the absurdist tradition of Kafka and Beckett, Hoarders ultimately embraces with sympathy the difficulty and complexity of the human condition.

**Narcissist Story Time: An Unfortunate, But True, Story About A Household Full Of Narcissists** Jun 12 2021 Many books exist that educate people about the nature of narcissists. Few tell the actual story of what happens in a narcissistic family unit. In *Narcissist Story Time*, author Mary Ann Rhodes reveals what it's like behind the scenes to belong to a family with members who exhibit narcissistic behavior. In this memoir, Rhodes chronicles her family's background, discusses an array of odd behavior and actions displayed by certain family, shares insight on narcissists and their codependent relationship, offers a look at how the narcissists will go to any lengths to get what they want, and shares tips to better understand young narcissists and ways they develop. Rhodes narrates how she discovered narcissism in her family and how it has affected her and her present family's life. Drawn from Rhodes' research and personal experience, *Narcissist Story Time* offers a guide to identifying, understanding, and dealing with narcissists.

**The Hoarding Impulse** Oct 16 2021 There has been an increased awareness of hoarding in recent years, but clinical treatments aimed at helping people with this condition often have low success rates. In *The Hoarding Impulse* Renee M. Winters explores how depth psychology can enrich current conceptual models and treatment standards for compulsive hoarding. The book presents case studies of prominent sufferers including Edie and Edith Beale, the Collyer Brothers, and Andy Warhol and explores common themes of loss, shame and object clusters. Winters sets out to provide a clear understanding of a hoarder's lived experiences and their core schemas of value, worth and personal identity, revealing a direct connection to excessive acquisition of objects. She illuminates the process of how objects can come to possess a hoarder and become not only their main source of happiness but also part of their identity and in doing so puts forward a new treatment plan based on providing a deeper understanding of and potent treatment approach to what is a core issue for hoarding individuals: the wounding of the soul. This new perspective to treating individuals who hoard helps them in the long term understand their processes, value system, and struggles with negative interpersonal relationships. Providing a fascinating insight into the psyche of people who struggle with hoarding, this book will be essential reading for depth psychologists, Jungian psychotherapists, psychiatrists, social workers, students of analytical psychology and anyone interested in understanding the dynamics of this complex condition.

**The Writers Directory** Jul 21 2019

**The Power of Talking** Aug 22 2019 Reading 'The Power of Talking: Stories from the Therapy Room' feels as though you have joined author Stelios Kiosses at his favourite coffee shop for a chat whilst enjoying a cappuccino and slice of cake. It is a joy to read, inviting you into the psychotherapeutic world as a welcome guest to discover the process of psychotherapy, the role of the therapist, and the psychological defences we all employ. 'Being a therapist is truly a lifelong journey which we share with others towards healing.' So says Stelios Kiosses and here he presents his journey so far. Along the way, we meet Gareth, suffering from depression for many years. Then there is Helen, dealing with unresolved childhood trauma. John and Alice, experiencing difficulties in their relationship, hoping couple therapy will help. David, successfully treated for burnout / work-related stress over a decade ago, but now struggling with suicidal thoughts after the loss of his job and his mother. This case has the added resonance of the backdrop of the coronavirus pandemic and the need to work remotely via video. And finally, Abigail, who is struggling with hoarding and the memories and pain of sexual abuse. These stories come to life in an engaging, enthralling, and enjoyable read for therapists and the public alike.

**Children of Hoarders** Dec 26 2019 Growing up with a hoarder can be a confusing, painful, and sometimes dangerous experience. And when it comes to finding help for a hoarder parent, many adult children find themselves taking on the exhausting role of caretaker. As the child of a hoarder, you may be wondering what resources are available to you. Written by nationally recognized obsessive compulsive disorder (OCD) expert Fugen Neziroglu, a regular on the popular TLC television series, *Hoarders*, *Children of Hoarders* explores strategies for communicating with hoarder parents and outlines practical intervention skills. In addition, the book shows readers how to let go of the personal shame and guilt associated with being the child of a hoarder. Using mindfulness, acceptance, assertiveness and validation skills, this is the first book written specifically for adult children of hoarders that focuses on the interpersonal effects of hoarding. Inside, you will learn to communicate with your loved ones in a way that minimizes conflict, while still dealing with the logistical and organizational issues that arise when living with or witnessing hoarding behavior. The book also includes tips for reclaiming living space, strategies for ensuring that the health and safety of residents is not compromised by the hoarder's living conditions, and organizational tactics for sorting through the clutter after the death of a parent who hoards. As the child of a hoarder, sometimes it can be helpful to know that you are not alone. In *Children of Hoarders*, you will get the support that you need to deal with your hoarder parent, and reclaim your own life in the process.

**Ghostly Men** Sep 27 2022 A true tale of changing New York by Franz Lidz, whose *Unstrung Heroes* is a classic of hoarder lore. Homer and Langley Collyer moved into their handsome brownstone in white, upper-class Harlem in 1909. By 1947, however, when the fire department had to carry Homer's body out of the house he hadn't left in twenty years, the neighborhood had degenerated, and their house was a fortress of junk: in an attempt to preserve the past, Homer and Langley held on to everything they touched. The scandal of Homer's discovery, the story of his life, and the search for Langley, who was missing at the time, rocked the city; the story was on the front page of every newspaper for weeks. A quintessential New York story of quintessential New York characters, *Ghostly Men* is a perfect fit for Bloomsbury's *Urban Historicals* series.

**Lessons in Letting Go** Dec 06 2020 A funny, appealing and big-hearted memoir of how one of Australia's leading comic talents, Corinne Grant, learned to reconcile love, loss, lack of cupboard space and far too much stuff.

**Understanding Anxiety** Mar 29 2020 Anxiety sufferers, as well as the health professionals and loved ones who support them, are often unaware of the true extent of their struggles. Family and friends misunderstand anxious people, believing they are lazy or lack initiative. Patients seek treatment for the symptoms of anxiety again and again, never addressing the underlying reasons for their disorder. This book covers the complexity of anxiety in everyday life, as well as its effect on happiness and achievement, told through the experiences of anxiety sufferers across life stages, from childhood through retirement years. The author uses scientific literature and 40+ years of clinical experience to describe the major anxiety disorders and to illuminate their scope. For anxiety sufferers, as well as their family members and medical professionals, this book provides solutions for dealing with anxiety before it becomes too overwhelming.

**The Life of Stuff** Jan 27 2020 Shortlisted for the James Tait Black biography prize 2019 'A moving memoir.' Sunday Times 'Gripped me from the first page.' Clover Stroud, author of *My Wild and Sleepless Nights* 'A gripping read... a riveting piece of writing.' Radio 4 \_\_\_\_\_ What do our possessions say about us? Why do we project such meaning onto them? What becomes of the things we leave behind? Only after her mother's death does Susannah Walker discover how much of a hoarder she had become. Over the following months, Susannah has to sort through a dilapidated house filled to the brim with rubbish and treasures - filling bag after bag with possessions. But what she's really in search of is a woman she'd never really known or understood in life. This is her last chance to piece together her mother's story and make sense of their troubled relationship. What emerges from the mess of scattered papers, discarded photographs and an extraordinary amount of stuff is the history of a sad and fractured family, haunted by dead children, divorce and alcohol. *The Life of Stuff* is a deeply personal exploration of mourning and the shoring

up of possessions against the losses and griefs of life, which also raises universal questions about what makes us the people we are. \_\_\_\_\_  
'Compelling and moving.' Ruth Hogan 'An excellent memoir.' Cathy Rentzenbrink

**99 Jumpstarts to Research** Jul 01 2020 This book provides research assistance for 99 current and provocative issues students can use to write a brief argumentative paper. \* Each jumpstart topic contains a photograph, chart, or drawing \* Bibliography collects all book and audio-video selections used in the jumpstarts, and can be used for library collections

**The Hoarders** Nov 17 2021 Provides an in-depth examination of how modern hoarders came into being, from their onset in the late 1930s to the present day.

**Buried in Treasures** Aug 02 2020 Describes the psychological roots of compulsive hoarding and presents practical strategies for treating and overcoming the behavior.

**Momentum** May 11 2021 Imagine yourself in the driver's seat. The windows are down, and the breeze is warm. Your tunes are blasting, you've got the pedal to the metal, and you're feeling like a million bucks. This is gonna be the best road trip ever! Slight problem: Your destination is east, but you're headed west. Simple solution: Take your foot off the accelerator and jam it on the brake, then turn the steering wheel and change direction. Voil ! But it doesn't take a rocket scientist to figure out that changing directions in life isn't nearly so easy. You can call it momentum, the domino effect, or "consequences," as someone probably growled at you once upon a time. Whichever. Truth be told, the choices you make now set in motion the series of events that will compose the rest of your life. It's up to you to move your life in the direction you want it to go. This devotional is crammed with all sorts of inspiring Bible tales, modern stories, weird news, and crazy facts that will help get you moving in the right direction. Step one: Crack open this book and start reading. Step two: Repeat step one again tomorrow . . . and enjoy the ride!

**Play Among Books** Feb 20 2022 How does coding change the way we think about architecture? This question opens up an important research perspective. In this book, Miro Roman and his AI Alice\_ch3n81 develop a playful scenario in which they propose coding as the new literacy of information. They convey knowledge in the form of a project model that links the fields of architecture and information through two interwoven narrative strands in an "infinite flow" of real books. Focusing on the intersection of information technology and architectural formulation, the authors create an evolving intellectual reflection on digital architecture and computer science.

**The Secret Lives of Hoarders** Sep 15 2021 On the front lines with extreme hoarders The Secret Lives of Hoarders is much more than harrowing tales of attacking the ugliest, dirtiest, and most shocking hoarding cases in the country. It is a behind-the-scenes look at this hidden epidemic-what it means, how to recognize it before it gets out of hand, and how to deal with it. Through his work with hundreds of clients in the worst circumstances- from the giant "rat's nest" that hid more than \$13,000 in cash to a vast cache of cartoon pornography to twenty-five years' worth of unopened mail-Matt Paxton has learned to understand this disorder and his clients' impulses to collect, to speak the hoarders' language, and to reach out to them with compassion and concern while avoiding criticism and judgment. Most important, he guides compulsive hoarders successfully through every step of the clean-up and healing process. The Secret Lives of Hoarders is an engrossing and sometimes unsettling look at extreme clutter but one that helps hoarders, their families, and their friends to find meaning in the chaos.

**The Hoarder** Sep 22 2019 A BBC RADIO 2 BOOK CLUB CHOICE SHORTLISTED FOR THE KERRY GROUP IRISH NOVEL OF THE YEAR AWARD LONGLISTED FOR THE INTERNATIONAL DUBLIN LITERARY AWARD Unintentional psychic Maud Drennan arrives to look after Cathal Flood, a belligerent man hiding in his filthy, cat-filled home. Her job is simple: clear the rubbish, take care of the patient. But the once-grand house has more to reveal than simply its rooms. There is a secret here, and whether she likes it or not, Maud may be the one to finally uncover what has previously been kept hidden . . . \* In the US, this book is published under the title Mr Flood's Last Resort

**Where the Sun Don't Shine and the Shadows Don't Play** Jul 13 2021 As a child growing up in a small Louisiana town, Frances Boudreaux couldn't understand her mother's obsession with stuff. She stashed clothes, trash, and even worthless trinkets. It was only years later that Frances discovered the truth about her mother: she was an obsessive-compulsive hoarder. Brutally honest and emotionally-wrenching, *Where the Sun Don't Shine and the Shadows Don't Play* shares a daughter's struggle to comprehend her mother's fall from happy teenager to house-bound adult living in the midst of filth and chaos. Spanning her childhood during the 1950s through her adulthood years, Frances traces the rise of her mother's obsessive compulsive disorder and speaks candidly about the abuse she suffered at her mother's hands. A story rich in emotional complexity, this gripping memoir throws back the curtain on one family's dark secret, and exposes the truth in all its facets. But even more, it reveals Frances's determination to find healing and peace despite the scars of the past. "Ms. Boudreaux allows the reader to experience the full gamut of intense, complex, and contradictory emotions of love, hate, fear, tenderness, caring, revulsion, anger, affection, hope, and despair that she experienced. This is a brilliant and moving book, to be read and never forgotten." —Bruce Mansbridge, PhD

**Digging Out** Mar 09 2021 Discusses preventive measures and treatments for compulsive hoarding, in a book designed to help loved ones of hoarders use harm reduction to aid hoarders in living a safe and comfortable life.

**Homer And Langley** Oct 04 2020 Brilliant brothers Langley and Homer Collyer are born into bourgeois New York comfort in settled times, their home a fin-de-siècle mansion on upper Fifth Avenue, their future rosy. But before he is out of his teens Homer begins to lose his sight, Langley returns from the War in Europe with his lungs seared by gas, and when the death of their parents in the influenza epidemic of 1918 leaves the brothers orphaned, they seem perilously ill-equipped to deal with the new era. Around Central Park carriages give way to motor cars, Prohibition to free love, but Homer and Langley adapt: their townhouse fills and empties and fills again, with servants, lodgers, tea-dancers and gangsters. They are mocked and spied on, embraced by hippies and besieged by bailiffs, but as the world turns ever more incomprehensible Homer and Langley hold fast to their principles of self-reliance, courage, kindness and love, and they endure.

**Coming Clean** Mar 21 2022 The writer and actress explore her childhood and youth, which was largely defined by her father's struggle with hoarding.

**Packrat: A Tale of Compulsive Hoarding** Jan 07 2021 Robert Campbell started collecting a wide variety of objects as a youth, but hoarding eventually took over his life; when he died in 2005, he left behind a hoard of over 140 tons of mostly worthless debris. This book documents the progression of the disorder and examines symptoms, causes, and potential solutions to this growing problem.

**Hoarding Disorder** Apr 10 2021 This book offers in-depth information on pathological hoarding, describing both the root of the disorder and its progression. How can hoarding disorder be diagnosed? What are the challenges involved in treatment? How can professionals best deal with those affected? In this practical guide, health professionals will find the answers to these and many other questions. In the last few years the awareness of this disorder has gradually increased – not only in the academic community, but also in the media – and it has become clear that there are a considerable number of people worldwide who continue to suffer from it. The case studies presented here share essential insights into the diverse backgrounds and lives of affected individuals. In addition, hoarding disorder has since been classified as a new mental disorder by the WHO, which means many psychoanalysts, psychologists, psychiatrists and social workers will need to be trained accordingly. This book offers valuable guidance.

**The Oxford Handbook of Hoarding and Acquiring** Jun 24 2022 Hoarding involves the acquisition of and inability to discard large numbers of possessions that clutter the living area of the person collecting them. It becomes a disorder when the behavior causes significant distress or

interferes with functioning. Hoarding can interfere with activities of daily living (such as being able to sit in chairs or sleep in a bed), work efficiency, family relationships, as well as health and safety. Hoarding behavior can range from mild to life-threatening. Epidemiological findings suggest that hoarding occurs in 2-6% of the adult population, making it two to three times more common than obsessive-compulsive disorder. The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) now includes Hoarding Disorder as a distinct disorder within the OCD and Related Anxiety Disorders section, creating a demand for information about it. The Oxford Handbook of Hoarding and Acquiring is the first volume to detail the empirical research on hoarding. Including contributions from all of the leading researchers in the field, this comprehensive volume is divided into four sections in addition to introductory and concluding chapters by the editors: Phenomenology, Epidemiology, and Diagnosis; Etiology; Assessment and Intervention; and Hoarding in Special Populations. The summaries of research and clinical interventions contained here clarify the emotional and behavioral features, diagnostic challenges, and nature of the treatment interventions for this new disorder. This handbook will be a critical resource for both practitioners and researchers, including psychiatrists, psychologists, neurologists, epidemiologists, social workers, occupational therapists, and other health and mental health professionals who encounter clients with hoarding problems in their practice and research.

**Understanding Hoarding** Sep 03 2020 If you are living with, are close to, or are yourself someone who is hoarding, you'll know that the disorder goes far deeper than most people realise, affecting the whole family and presenting huge challenges to the physical, mental, emotional and even financial wellbeing of anyone involved. Jo Cooke is Director of one of the UK's leading support services for people affected by hoarding and clutter, and has written this sensitive and empathetic book to help anyone experiencing hoarding difficulties. She gives insight into Hoarding Disorder - explaining what it is and, importantly, what it isn't - and what may trigger hoarding. There are strategies for how to assess the scale of situation and lay the groundwork to address it, and insights into who can help and how they can do it. An 8 step-plan gives practical steps to tackle the hoarding, supported by suggestions for what to do with the 'stuff', and advice on safeguarding - as well as techniques to support the hoarder as they attempt to stay clutter-free. There is space in the book for individuals and their own stories of hoarding, giving an empowering voice to people affected by the condition, and replacing the morbid curiosity that often accompanies it. With plenty of information on resources and therapies that can help, this is a warm and hugely practical guide that can only help anyone affected in any way by hoarding.

**New York Stories** Nov 05 2020 A collection of the best essays and reportage from The New York Times City section over the past four years includes contributions from such literary luminaries as Phillip Lopate, Vivian Gornick, Thomas Beller, and Laura Shaine Cunningham, among others. Simultaneous.

**After Capitalism** Jan 19 2022 From Thomas Piketty to David Harvey, scholars are increasingly questioning whether we are entering into a post-capitalist era. If so, does this new epoch signal the failure of capitalism and emergence of alternative systems? Or does it mark the ultimate triumph of capitalism as it evolves into an unstoppable entity that takes new forms as it engulfs its opposition? After Capitalism brings together leading scholars from across the academy to offer competing perspectives on capitalism's past incarnations, present conditions, and possible futures. Some contributors reassess classic theorizations of capitalism in light of recent trends, including real estate bubbles, debt relief protests, and the rise of a global creditocracy. Others examine Marx's writings, unemployment, hoarding, "capitalist realism," and coyote (trickster) capitalism, among many other topics. Media and design trends locate the key ideologies of the current economic moment, with authors considering everything from the austerity aesthetics of reality TV to the seductive smoothness of liquid crystal. Even as it draws momentous conclusions about global economic phenomena, After Capitalism also pays close attention to locales as varied as Cuba, India, and Latvia, examining the very different ways that economic conditions have affected the relationship between the state and its citizens. Collectively, these essays raise provocative questions about how we should imagine capitalism in the twenty-first century. Will capitalism, like all economic systems, come to an end, or does there exist in history or elsewhere a hidden world that is already post-capitalist, offering alternative possibilities for thought and action?

**Stuff Your Face Or Face Your Stuff** Apr 22 2022 While organizing the lives of her many clients, Emmy-nominated organizing expert Dorothy Breininger learned to face her own stuff, and lost seventy-five pounds in the process. In this one-of-a-kind book she addresses weight loss from the much-needed perspective of what lies underneath our clutter metaphorically, physically, and emotionally. Whether you're a packrat or a calorie-counter, a neat freak or a binge eater, Breininger reveals why, to be successful on the scale, you must first master the clutter within you and around you. With the same no-holds barred candor that resonates with TV viewers, she offers prescient advice to help anyone face their stuff, with an organized, step-by-step approach to either toss it, tame it, or tailor it to fit their lives. Filled with personal stories from clients, her own success story, and tips from fitness coaches and organizing experts, this imminently practical book gives everyone the tools to declutter their way to their dream size.

**The Secret Lives of Hoarders** Oct 28 2022 On the front lines with extreme hoarders The Secret Lives of Hoarders is much more than harrowing tales of attacking the ugliest, dirtiest, and most shocking hoarding cases in the country. It is a behind-the-scenes look at this hidden epidemic-what it means, how to recognize it before it gets out of hand, and how to deal with it. Through his work with hundreds of clients in the worst circumstances- from the giant "rat's nest" that hid more than \$13,000 in cash to a vast cache of cartoon pornography to twenty-five years' worth of unopened mail-Matt Paxton has learned to understand this disorder and his clients' impulses to collect, to speak the hoarders' language, and to reach out to them with compassion and concern while avoiding criticism and judgment. Most important, he guides compulsive hoarders successfully through every step of the clean-up and healing process. The Secret Lives of Hoarders is an engrossing and sometimes unsettling look at extreme clutter but one that helps hoarders, their families, and their friends to find meaning in the chaos.

**The Hoarder in You** May 23 2022 The featured psychologist on the hit A&E series Hoarders shares counsel on an array of hoarding-related disorders from compulsive shopping to extreme collecting, sharing practical advice, behind-the-scenes stories from the show and background histories about some of the most serious cases of hoarding that she has encountered. TV tie-in.

**The Methuen Drama Guide to Contemporary American Playwrights** Feb 26 2020 Unrivalled in its coverage of recent work and writers, The Methuen Drama Guide to Contemporary American Playwrights surveys and analyses the breadth, vitality and development of theatrical work to emerge from America over the last fifty years. This authoritative guide leads you through the work of 25 major contemporary American playwrights, discussing more than 140 plays in detail. Written by a team of 25 eminent international scholars, each chapter provides: · a biographical introduction to the playwright's work; · a survey and concise analysis of the writer's most important plays; · a discussion of their style, dramaturgical concerns and critical reception; · a bibliography of published plays and a select list of critical works. Among the many Tony, Obie and Pulitzer prize-winning playwrights included are Sam Shepard, Tony Kushner, Suzan-Lori Parks, August Wilson, Paula Vogel and Neil LaBute. The abundance of work analysed enables fresh, illuminating conclusions to be drawn about the development of contemporary American playwriting.

**The Trauma Cleaner** Nov 24 2019 Winner, The 2018 Victorian Prize for Literature, and the Prize for Non-Fiction Before she was a trauma cleaner, Sandra Pankhurst was many things: husband and father, drag queen, gender reassignment patient, sex worker, small businesswoman, trophy wife... But as a little boy, raised in violence and excluded from the family home, she just wanted to belong. Now she believes her clients deserve no less. A woman who sleeps among garbage she has not put out for forty years. A man who bled quietly to death in his lounge room. A

woman who lives with rats, random debris and terrified delusion. The still life of a home vacated by accidental overdose. Sarah Krasnostein has watched the extraordinary Sandra Pankhurst bring order and care to these, the living and the dead—and the book she has written is equally extraordinary. Not just the compelling story of a fascinating life among lives of desperation, but an affirmation that, as isolated as we may feel, we are all in this together. Sarah Krasnostein is a writer. She is admitted to legal practice in Australia and America, and holds a doctorate in criminal law. She is the best-selling author of *The Trauma Cleaner* which won the Victorian Prize for Literature, the Victorian Premier's Prize for Non-Fiction, the Australian Book Industry Award for General Non-Fiction, the Dobbie Literary Award, jointly won the Douglas Stewart Prize for non-fiction at the NSW Premier's Literary Awards, was longlisted for the Walkley Book Award and was shortlisted for the National Biography Award, the Melbourne Prize for Literature and the Wellcome Book Prize (UK). Her work has appeared in a variety of publications and academic journals in Australia, the UK and America. 'Amazing...I couldn't put this book down, and I can't wait to recommend it to everyone I know.' Readings 'A book that is as hard to read as it is hard to put down. A story of pain and loss and loneliness, of trauma and transformations and sassy humour. And cleaning...It is a hilarious and poignant tale of a woman who defies all labels...Krasnostein is a very fine writer. Her debut book is a compelling and honest story of human survival, and love.' Australian 'Krasnostein's playful yet heartfelt debut is one of the most arresting works of biography you will read in a long time.' Guardian 'A wondrous portrait of an inspiring character.' Saturday Paper '[Pankurst's] story is probably one of the most touching, thoughtful and thought-provoking you will ever read...Sarah Krasnostein tells it with moving compassion, even love.' New Zealand Herald 'An extraordinarily impressive debut, in terms of both quality of writing and treatment of the subject matter...Krasnostein handles her material with respect, grace and compassion.' Sydney Morning Herald 'Compelling reading...This book reads like an unabashed love letter to Pankhurst with the first-time author, embedded for years in her subject's life, effusive in her adoration.' Courier-Mail 'Deep empathy for complex individuals...Explore[s] the best and worst of who we are.' Graeme Simsion, Sydney Morning Herald's Year in Reading 2017 'One of the strangest, most fascinating books I've read, and a standout of the year. Krasnostein's command of language is exquisite, and the complexity of Sandra Pankhurst's life story unfolds seamlessly with the current-day narrative of her unique business and the people she meets with it.' Feminist Writers Festival, Favourite Reads of 2017 'Deeply moving...The book reads as a love letter from Krasnostein to Sandra...I treasured every word.' Australian Women's Weekly 'Intriguing...A complex protagonist makes for engaging material.' Publishers Weekly  
**Paper Avalanche** May 31 2020

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