



# The Hoarder in You: How to Live a Happier, Healthier, Uncluttered Life

By Robin Zasio

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**The Hoarder in You: How to Live a Happier, Healthier, Uncluttered Life** By Robin Zasio

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.

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### **Editorial Review**

#### **Review**

“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*

#### **About the Author**

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.

### **Users Review**

#### **From reader reviews:**

##### **Ashley Staley:**

The book *The Hoarder in You: How to Live a Happier, Healthier, Uncluttered Life* can give more knowledge and information about everything you want. So just why must we leave the good thing like a book *The Hoarder in You: How to Live a Happier, Healthier, Uncluttered Life*? A few of you have a different opinion about e-book. But one aim this book can give many facts for us. It is absolutely appropriate. Right now, try to closer using your book. Knowledge or facts that you take for that, you are able to give for each other; you are able to share all of these. Book *The Hoarder in You: How to Live a Happier, Healthier, Uncluttered Life* has simple shape but you know: it has great and big function for you. You can look the enormous world by available and read a publication. So it is very wonderful.

##### **Michael Herndon:**

As people who live in typically the modest era should be up-date about what going on or facts even knowledge to make these people keep up with the era that is certainly always change and progress. Some of you maybe can update themselves by reading books. It is a good choice to suit your needs but the problems coming to an individual is you don't know what type you should start with. This *The Hoarder in You: How to Live a Happier, Healthier, Uncluttered Life* is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and need in this era.

##### **Christine Pena:**

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**Edward Chavez:**

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