



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

Robin Zasio

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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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