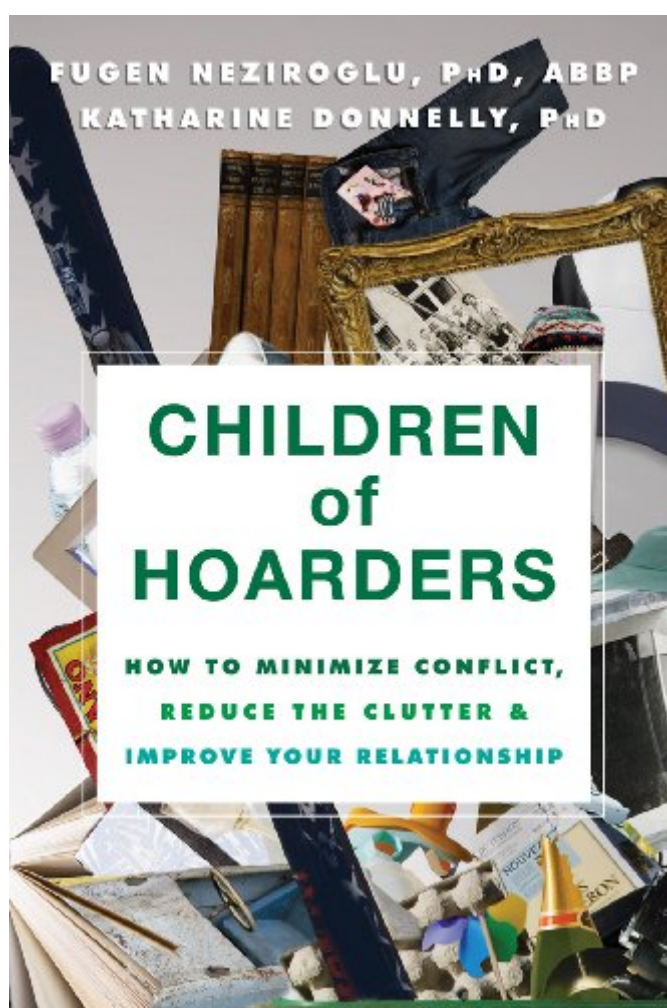


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# Children Of Hoarders: How To Minimize Conflict, Reduce The Clutter, And Improve Your Relationship



## Synopsis

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.

## Book Information

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Recovery > Hoarding

## Customer Reviews

Very helpful aid to understanding my own and impacted-others feelings. Sadly, I didn't find this book until the siblings and I were nearly through an intervention clean-up of our childhood home, and wished I'd thought earlier to search for books on the topic. Content was spot-on with what I learned and experienced during the clean, working with a team of professional de-hoarders, and CBT coping techniques taught by a psychologist-friend in earlier hypnosis training classes.

This is the most articulate and practical guide to understanding hoarding I have come across. It is also incredibly refreshing to finally read something from the perspective of "the child of a hoarder". It is a must read if you have a parent with a serious hoarding disorder or even if you just suspect hoarding tendencies.

My mother has been a hoarder for about 20 years - I didn't grow up in a hoarded home, it happened after I went to college. I personally am in a pretty peaceful place and purchased this book on the recommendation of my sister, who is more new to dealing with it. I did not find the book helpful to me - but see how it may be helpful to others

This is a useful book in terms of validating the feelings children of hoarders are likely to have and providing helpful psychological exercises. It doesn't deal with actually working with a hoarding parent to change their behavior. Nonetheless, useful and I'm glad I purchased it.

I found the information helpful--especially how the children view the parents and steps to help children find a way to a positive relationship.

No matter what you do you lose.

My parents were not hoarders but I had a very close relative who went from having her house not

overly neat but you could always visit and many of the major holidays were spent at her house to never being able to visit her. And it was sad to help her children clean up after her death. A major goal of this book is to help the child of a hoarder deal with their emotions and shame about their parents and help them cope even if nothing can be done for their parents or their parent's home. It goes over the depression a lot of children of hoarders have. It offers practical exercises such as listing the roles in life that the parent has fulfilled, having a mindful conversation with the parent, listing 3 ways they value the relationship they have with their parents among others. It also offers solutions to help getting rid of the stuff after a death. I thought this book was well worth reading.

Children of Hoarders by Fugen Neziroglu and Katharine Donnelly is a free Goodreads First-Reads advance reader copy of a book I began and finished on January 4th. I'm what you call a fairweather fan of the television show Hoarders (i.e. when it's on and I'm in an accepting, open mood, I definitely tune in) and, when this book popped up and I saw that it took a psychological/therapeutic perspective on the children of hoarding parents, I was extremely willing to read it. It was just my luck that the last 2/3 of the book had to do with Dr Steven Hayes' Acceptance Commitment Therapy and cognitive behavioral therapy that I'd learned all about during my very recent Introduction to Counseling Psychology class. Obviously, it was no fault of the book, but, in studying each of these therapies already, it was like going through the notes I took. However, Fugen and Katharine's careful APA-style (extremely proper grammar without any use of contractions, like don't, doesn't, I'm, they're) layout of the pathology of a hoarder was very interesting and I loved the testimony-style italicized quotations from children of hoarders who have sought therapy. The only true critique I'd have toward the book is the editing style and the voice of the book perhaps sounding too clinical or not quite as down to earth as a reader in crisis would prefer.

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