



Overcoming Compulsive Hoarding: Why You Save and How You Can Stop (Paperback)

By Fugen A. Neziroglu, Jerome Bubrick, Jose Yaryura-Tobias

New Harbinger Publications, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book. Although the much-satirised image of a house overflowing with National Geographic and infested with cats may make us chuckle, the reality of compulsive hoarding is no laughing matter. Three compulsive hoarding experts team up in this book to provide the first research-based cognitive behavioural treatment plan to help compulsive hoarders learn to recognise the problem, understand the treatment options, and learn gently techniques to free themselves of this life-threatening disorder.



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