



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

"Together, author and narrator create a listening experience that is welcoming and thoughtful, rather than belittling and incendiary." ---AudioFile

About the Author

Robin Zasio, Psy.D., LCSW, is the host of Animal Planet's series My Extreme Animal Phobia and a featured doctor on the Emmy Award-winning hit A&E series Hoarders.

Actress and director Cassandra Campbell has narrated nearly two hundred audiobooks and has received multiple Audie Awards and more than twenty AudioFile Earphones Awards, including for Orange Is the New Black by Piper Kerman.

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