

# [PDF] The Hoarder In You: How To Live A Happier, Healthier, Uncluttered Life

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## Books Details:

Title: The Hoarder in You: How to Li

Author:

Released: 2011-11-22

Language:

Pages: 222

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ASIN: B005TKGHQW



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## Description:

### 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 Emmy-nominated hit A&E series *Hoarders* and specializes in treating hoarding and other anxiety-related conditions. She lives in Sacramento.

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