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# Digging Out: Helping Your Loved One Manage Clutter, Hoarding, And Compulsive Acquiring



## Synopsis

Many people who hoard understand the extent of their problem and are open to help. This book is not for them. Digging Out is for the concerned and frustrated friends and family members of people who do not fully accept the magnitude of their hoarding problem and refuse help from others. If you have a friend or loved one with a hoarding problem and are seeking a way to guide him or her to a healthier, safer way of life, this book is for you. In Digging Out, you will find a complete guide to helping your loved one with a hoarding problem live safely and comfortably in his or her home or apartment. Included are realistic harm reduction strategies that you can use to help your loved one manage health and safety hazards, avoid eviction, and motivate him or her to make long-term lifestyle changes. You'll learn how to handle a roommate or spouse with a hoarding problem, identify and work through special considerations that may arise when the person who hoards is frail and elderly, and receive guidance for healing strained relationships between people who hoard and their friends and family. Take heart. With this book as a guide, you can help your loved one live more comfortably and safely, salvage your damaged relationship, and restore your peace of mind.

## Book Information

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## Customer Reviews

“If your loved one has a problem with compulsive saving, this book can help you both save what really counts—yourselves! With equal parts compassion, wisdom, and practicality, Michael Tompkins and Tamara Hartl offer step-by-step instructions for helping family members and friends with hoarding challenges. The authors’™ passion for their work comes through on every page, and

their extensive experience is evident in every nugget of advice they offer.â • â "Jeff Bell, author of *When in Doubt, Make Belief: An OCD-Inspired Approach to Living with Uncertainty*

In *Digging Out*, two psychologists who specialize in compulsive hoarding show readers with a friend or family member who hoards how to use harm reduction, a proven-effective model, to help their loved one live safely and comfortably in his or her own home and improve their relationship with the hoarder.

An excellent book with sensible directions for dealing with mentally ill folks who horde. The problem, pointed out in the treatise, is that an average person cannot usually convince the hoarder that he/she actually has a mental problem. In such an instance, a concerned one must develop the patience of Job, and/or accept the unfortunate fact that the hoarder cannot/will not change.

This book has helped me. Very well written.

Very enlightening explaining many hoarding situations & realizing how many people have this problem. 2 things I couldn't find was situation where you are living with the hoarder & what agencies (leagal, medical, social etc) can offer & how to contact them.

Do read this book if you have a hoarder in your life. It does lay out a way forward, albeit a tough one. Clearly, it couldn't be easy. Could be helpful for living with compulsive buyers of all ilks. A warning: don't expect a real cure, readily accessible. Even for the minority of hoarders who see that they have a problem, their responses are likely to be that they need more space or similar non-solutions, such as risers for under the bed space.. . And, the author says that even for hoarders who cooperate and clean out, they are likely to backslide. No easy answers here. Probably the most useful method is to set boundaries and consequences. I'd like to have seen more on that.

Shipped quickly and it's a very interesting book....thank you!

This book does a very good job clarifying priorities when it comes to clearing the mess of a hoarder (i.e. instead of approaching the situation with a "TOSS EVERYTHING!" attitude, it advocates a "harm reduction" stance, which focuses on maximizing your loved one's safety & comfort over discarding his or her things). It tries to get the reader accustomed to the idea that the hoarder will

probably never be as horrified about their living conditions as those around them. Fortunately or unfortunately, the majority of the book seems to focus on elderly hoarders (that does put a particular slant on the text), which may be positive or negative, depending on the reader. It goes into great lengths discussing the challenges of dealing with a hoarder in the grips of Alzheimer's or dementia or those who have difficulties getting around without the use of walkers or finding their medications in the clutter. Unfortunately, for people dealing with younger/youngish hoarders, the condescending psycho-babble in the hypothetical discussions is completely off-putting (eye-rolling at times) & would lose any credibility I personally have with my particular hoarder. Additionally, once a "harm reduction team" is gathered (good luck with that), trying to get the hoarder to sign a contract about how to keep one's OWN property is also condescending, intentionally so or not. This book is really a bit better suited for older hoarders (rather than middle-aged or younger ones). However, these techniques may work for some. Plus, the more flexible "harm reduction" approach over the more staunch "STUFF reduction" method could potentially open more hoarders to purging.

This book gives insight into the psyche of someone who hoards, helping you know how to deal with that person.

Informative, practical, and readable work that is a reassuring and hopeful counterbalance to the depressogenic TV series, "Buried Alive."

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