



Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding

David F. Tolin, Randy O. Frost, Gail Steketee

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Buried in Treasures outlines a scientifically-based and effective program for helping compulsive hoarders dig their way out of the clutter and chaos of their homes.

Discover the reasons for your problems with acquiring, saving, and hoarding, and learn new ways of thinking about your possessions so you can accurately identify those things you really need and those you can do without. Learn to recognize the "bad guys" that maintain your hoarding behavior and meet the "good guys" who will motivate you and put you on the path to change.

Features of this book include:

- Self-assessments to determine the severity of the problem
- Tips and tools for organizing your possessions and filing your paperwork
- Strategies for changing unhelpful beliefs about your possessions
- Behavioral experiments to reduce your fear of anxiety and fear of discarding.

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