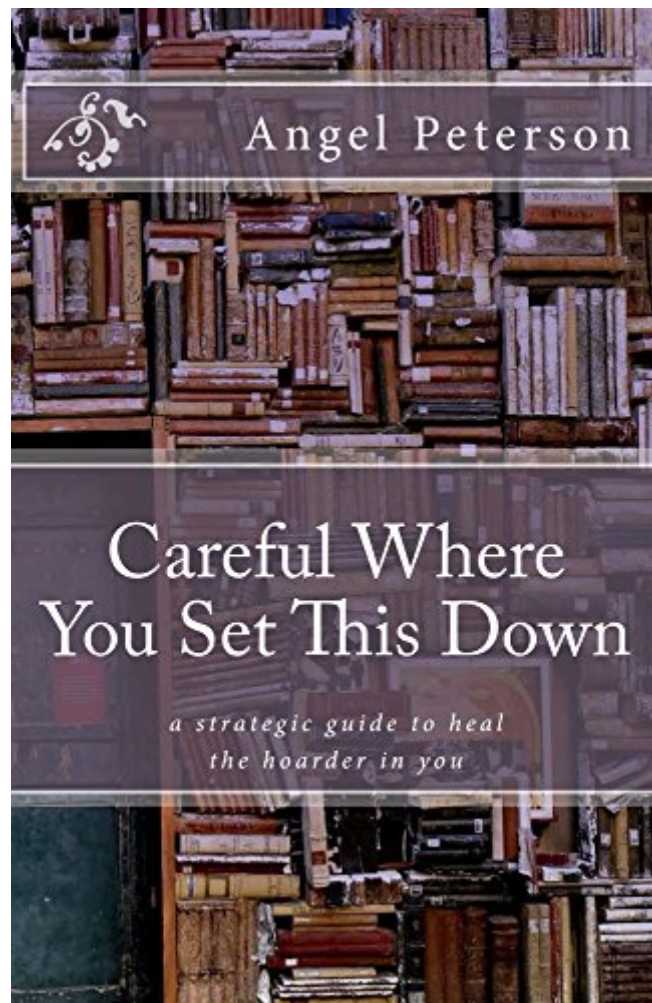




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Careful Where You Set This Down: A Strategic Guide To Heal The Hoarder In You



Synopsis

Peek into the mind of a recovered hoarder through her journey from chaos to clarity and the many paths along the way. Discover some of the root causes that lead to hoarding as well as step by step instructions on clearing out the clutter. Whether you have this affliction yourself, or want to understand someone who does, this book will provide insight through a brutally honest and compassionate exploration of one woman's dragon like tendencies and her escape from a dungeon of her own making.

Book Information

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Mental Health > Compulsive Behavior

Customer Reviews

Amazing book! So happy I found it. The author does an incredible job with the honesty and transparency to help people see how getting over some things that maybe they never even thought of could be holding them back. A powerful journey. You def don't have to be a hoarder to benefit from this book! Love it.

Angel Peterson leads through personal example how to move from chaos to empowered clarity.

Terrific book!

A "MUST READ" for EVERYBODY!! --a healing prose for hurts you didn't know you had, (and I am NOT a hoarder). Angel's journey may start out feeling foreign but quickly becomes familiar. I was surprised to find statements of deep insight into my OWN life and habits pop out of the text in this book. Many made me see things I hadn't noticed and some recalled old wounds I thought I had forgotten. Her steps of insight then healing became my own. A book that will sweep you along into understanding, recovery, and wellness right along with the author.

I only had to read the introduction to find out what it was I was looking for about the meaning of 'hoarding'. The book is well-designed to be helpful in this category.

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