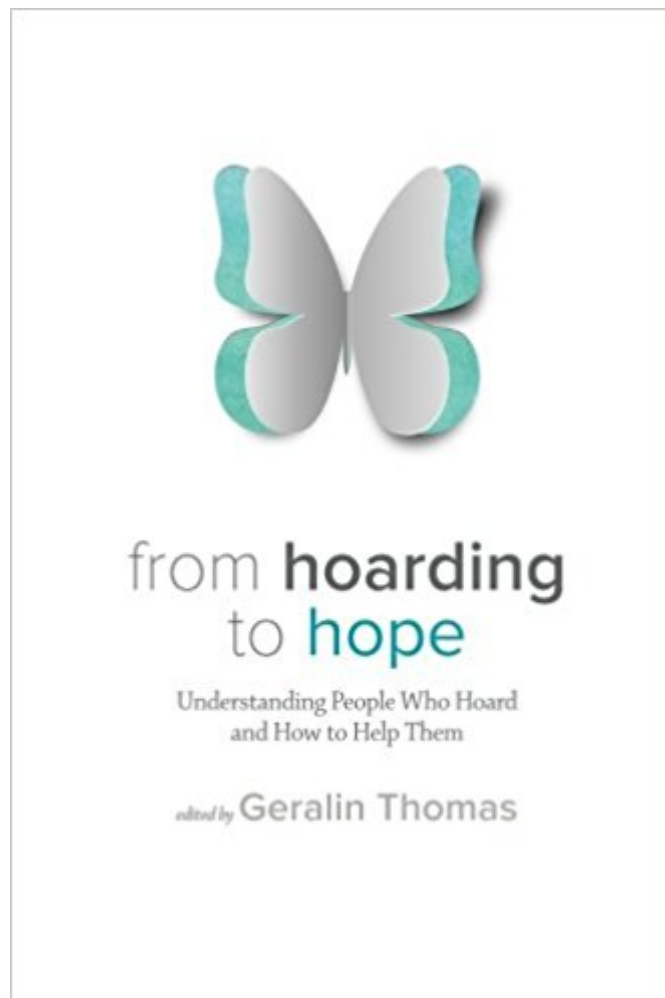




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# From Hoarding To Hope: Understanding People Who Hoard And How To Help Them



## Synopsis

From Hoarding to Hope is a guidebook for clinicians, social workers, home health-care workers, public-health officials and related agencies, professional organizers, and animal control personnel. Geralin Thomas, an organizing expert featured on A&E's TV show Hoarders, and other related professionals offer a compassionate, multidimensional, comprehensive approach to understanding hoarding disorder and hoarding tendencies. Experts address the following questions and more: Does compulsive shopping or OCD lead to hoarding? How and where should contaminated items be disposed of safely? Should a person with a hoarding disorder take part in the decluttering and organizing process? What are the anticipated expenses? When is it time to call in professionals? What should someone reaching out for help expect? "No matter how hoarding affects you, Geralin's real-world examples and useful strategies will help you transition From Hoarding to Hope." • Matt Paxton, Author and Extreme Cleaner

Sections include: The Face of Hoarding Disorder: Real stories from real people the pain, the conflict, the triumphs big and small. Understanding Hoarding Disorder: Why we save stuff and the difference between clutter, collecting, chronic disorganization and hoarding. Successful Helping: An introduction to the complex world of hoarding and the team approach to working with hoarders. Where Do I Go From Here?: Contact information for trusted resources that Thomas recommends with confidence.

## Book Information

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## Customer Reviews

Geralin Thomas, founder of Metropolitan Organizing, LLC ® offers real solutions for real people. Her approach to overcoming challenges of chaos big and small emphasizes simplicity, while she

recognizes the complexities that lead to chronic disorganization. Her business is headquartered in the metro Raleigh, North Carolina area where she manages a team of organizers who help people manage and cope when clutter threatens to overrun their homes or their lives. She strategizes with clients and sets them on a course of success in practicing the art and science of getting and staying organized. In 2013, Geralin was named the Best Expert in Chronic Disorganization by the National Association of Professional Organizers. A former president of the North Carolina chapter of NAPO, Geralin has earned the highest level of certification in the professional organizing field. A highly respected NAPO instructor, she collaborates with new professional organizers from around the world, sharing her expertise through group teleclasses and one-on-one coaching. With her rich collection of techniques, tips, tactics, and tools of the organizing trade, Geralin is in demand. She has been featured in national magazines and has appeared on NBC's Today Show, A&E's Hoarders, South Africa's The Home Channel and The Nate Berkus Show. Learn more about Geralin Thomas at [www.MetropolitanOrganizing.com](http://www.MetropolitanOrganizing.com).

I'm a professional organizer and I've read a lot of books to help me be better at my profession! I liked this one because 1. it's the perfect length, you can read it in just a few sittings 2. for the compact length you get a ton of easily digestible information 3. it gives clear criteria to describe addiction vs. compulsion and hoarding vs. chronic disorganization. Geralin does a fabulous job of making the concepts accessible to anyone, with a personable tone that makes it fun to read.

What I loved about this book is that it was basic enough for me to hand to my organizing clients who are concerned that they or a loved one may be a hoarder yet at the same time had enough breadth to cover the mental health components. The interviews with her clients really put a face to hoarding. It is a secret that is kept often behind closed doors where many close friends or family are not even aware of it happening. This book will help pull back the curtain of what hoarding is and get us talking about it in the open. Sometimes it is difficult to have a conversation with a friend or family member, but maybe handing them a book and simply saying, "I found this interesting" without any emotion or judgment will help someone take a step in the right direction towards the mental health help they need. .

Some very factual info describing the phenomenon but not a lot of practical info for when it is time to actually organize and how to talk to the hoarder. What to say? How to respond to their response.

From Hoarding to Hope was such a pleasure to read. This easy to read book is perfect for anyone who wants to learn more or help someone struggling with a hoarding disorder. Geralin defines hoarding, it's tendencies and helps you know where to turn for help. As a professional organizer, it is my go to book since she gives you a realistic approach to take but with compassion.

This book is well written, easy to understand, and contains much helpful information on the condition of hoarding and the people who have it. I highly recommend this book for anyone thinking of hiring a professional organizer, or becoming one.

Informed and compassionate advice from expert professional organizer, Geralin Thomas. Highly recommended.

Informative and encouraging.

If you like watching Geralin organize people on TV you'll like her book. On the show, Hoarders, she works with teams of organizers and in the book she includes chapters written by credentialed experts. Even if you're not a hoarder, the book provides good information in an easy to read manner. I find it helpful as I declutter my mother's sentimental possessions. This book, like the show, provides motivation and inspiration for people who aren't hoarding.

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