



Children of Hoarders: How to Minimize Conflict, Reduce the Clutter, and Improve Your Relationship

Fugen Neziroglu PhD ABBP ABPP, Katharine Donnelly PhD

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Growing up with a hoarder can be a confusing, painful, and sometimes dangerous experience. And when it comes to finding help for a hoarder parent, many adult children find themselves taking on the exhausting role of caretaker. As the child of a hoarder, you may be wondering what resources are available to you.

Written by nationally recognized obsessive compulsive disorder (OCD) expert Fugen Neziroglu, a regular on the popular TLC television series, *Hoarders*, **Children of Hoarders** explores strategies for communicating with hoarder parents and outlines practical intervention skills. In addition, the book shows readers how to let go of the personal shame and guilt associated with being the child of a hoarder.

Using mindfulness, acceptance, assertiveness and validation skills, this is the first book written specifically for adult children of hoarders that focuses on the interpersonal effects of hoarding. Inside, you will learn to communicate with your loved ones in a way that minimizes conflict, while still dealing with the logistical and organizational issues that arise when living with or witnessing hoarding behavior. The book also includes tips for reclaiming living space, strategies for ensuring that the health and safety of residents is not compromised by the hoarder's living conditions, and organizational tactics for sorting through the clutter after the death of a parent who hoards.

As the child of a hoarder, sometimes it can be helpful to know that you are not alone. In **Children of Hoarders**, you will get the support that you need to deal with your hoarder parent, and reclaim your own life in the process.

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