

Author: Damijan Sever, Ba. Pt. sci.  
Center za psihoterapijo Maribor, www.cpmb.si  
Februar 2010

## HOW TO RECOGNIZE, UNDERSTAND AND TREAT OBSESSIVE BOOK, CD AND DVD HOARDING?

A truly good book teaches me better than to read it. I must soon lay it down, and commence living on its hint. What I began by reading, I must finish by acting. Henry David Thoreau.



**INTRODUCTION** Most of us like to keep possessions that bring us comfort or appear to have value. Many people see traces of hoarding behavior in themselves. Though having a big mess (a lot of books, magazines, paper, CD's, DVD's...) is a far away from pathological hoarding. But when one's daily activities and quality of life are compromised by an accumulation of these possessions, then a person might have a problem with compulsive hoarding. Oftentimes, this problem is caused or aggravated by increasing age, physical disabilities, and symptoms of

several mental disabilities including, obsessive compulsive disorder (OCD), attention deficit disorder (ADD), major depression and head trauma. Sometimes, major life changes like divorce, death of a loved one, unemployment, severe illness or the birth of a new child can affect one's ability to discard household items.

Almost no psychiatric and physiotherapeutic literature exists on book, CD and DVD hoarding. Only now is hoarding garnering serious attention. Hoarding is currently considered one of the symptoms of obsessive-compulsive disorder (OCD). Hoarders don't just save stuff, but constantly acquire new stuff, to such degree that it interferes with functioning and safety. Randy Frost, estimates that 2% to 3% of the population has OCD, and up to a third of those exhibit hoarding behavior.

Behavioral peculiarities: "They have rambling or overinclusive speech, (mess speech) where you ask them a question and they tell you a whole story with every possible detail before they get to the answer. They have high levels of anxiety, depression and perfectionism. They are greatly indecisive, over what to eat, what to wear. They prepare for all contingencies, keeping items "just in case." "They apply emotions to a range of things that others would consider worthless," says Frost. They tend to be articulate and well-educated, with sophisticated reasons for their saving and acquiring. What if they forgot a newspaper, book or film and with it the bit of knowledge that will change their life for the better? Though people with OCD acknowledge their behavior and are distressed by it, hoarders deny they have a problem.

**DICTIONARY DEFINITION** Bibliomania is an obsessive-compulsive disorder involving the collecting or hoarding of books to the point where social relations or health are damaged. Bibliomania is characterized by the collecting of books which have no use to the collector nor any great intrinsic value to a genuine book collector. The purchase of multiple copies of the same book and edition and the accumulation of books beyond possible capacity of use or enjoyment are frequent symptoms of bibliomania. Bibliomania is not to be confused with bibliophily, which is the usual love of books and is not considered a clinical psychological disorder.

### EXAMPLES OF PEOPLE AND FICTIONAL CHARACTERS WITH BIBLIOMANIA:

1. Stephen Blumberg, who was convicted of stealing \$5.3 million worth of books.
2. Thomas Phillipps (1792–1872) suffered from severe bibliomania. His collection, which at his death contained over 160,000 books and manuscripts, was still being auctioned off over 100 years after his death.

Rev. W.F. Witcher 19th century Methodist pastor who after having stolen and rebound rare books, would assert they were rare "finds" from local booksellers.

3. Mel Gibson's character, Jerry Fletcher, in the movie *Conspiracy Theory* suffers from triggered bibliomania, a form of mind control that does not exist in the real world, which prompts him to buy a copy of book every time he goes outside his apartment.



**VULNERABLE OCCUPATIONS FOR BOOK, CD, DVD HOARDING**  
Academics, writers, teachers, intellectuals, professors, researchers, psychotherapists, doctors, lawyers, inventors, journalists, editors, publishers, collectors, actors, directors, musicians, composers, music and movie lovers, connoisseurs ...

**Examples:** One woman, found throwing out a newspaper so unbearable that her therapist instructed her never to buy one again. Another could not pass a newsstand without thinking that one of the myriad periodicals on sale contained some bit of information that could change her life.

Patrice Moore suffered injuries of his collection collapsed on him, he said he might sue the landlord over the loss of comic books and articles from the 1980's about his favorite entertainer, Michael Jackson.

Writer: Much of who I am today grew from seeds planted by interesting literature. I am a writer today because of what words have done to me, and because delivering a message that changes people's lives is, to me, a worthy challenge. There is one downside to being a book lover: I want to own them all.

Blogger writes: Am both a writer and an English teacher. I go through my books regularly, but I still have lots TBR (to be read) piles. Fortunately I am usually able to read several books at once. I don't feel as if I buy many books, but the evidence is all around me. I often will take books to school and let the kids have them.

Another blogger writes: I have a friend that is a retired newspaper editor that has stacks of papers throughout his house as high as four feet tall. He told me the other day that he has been catching up and he is only about two years behind now and he has also cut back to only buying 4 papers a day except 6 on Sunday now.

#### QUICK SELF TEST: COULD I HAVE A BOOK, NEWS/PAPERS, MAGAZINE, CD, DVD... HOARDING PROBLEM?

1. Do I think I have too much books, CD's or DVD's ?
2. Do friends and family think I have too much books, CD's or DVD's ?
3. Do I have rooms I cannot use because of clutter?
4. Am I ashamed or afraid to have my friends, relatives... come into my house because of the book problem?
5. Do I have to move stuff off the furniture/bed, table... in order to use it?
6. Do I often lose things in my clutter?
7. Do I have trouble getting to my windows, fire escape and doors?
8. Have I trip or fallen over my clutter (books, CD's or DVD's)?
9. Have my clutter (books, CD's or DVD's) fallen over me?
10. Do I get anxious when I think someone might take, rearrange or throw away my books?
11. Do I bring books, CD's or DVD's home, even though my place is already cluttered with them – compulsive buying?
12. Am I afraid I will get in trouble with my landlord because of clutter or have I already gotten in trouble?
13. Am I saving all these books, CD's or DVD's without the possibility of never discarding them?
14. Am I not able to organize and maintain the books, CD or DVD collection ?



**If you have answered yes to any of these questions, you may have a hoarding/cluttering problem.**

**WHAT BOOK, CD or DVD HOARDERS PLACE LOOKS LIKE-THEIR STATEMENTS?** Our house has CD, DVD or bookshelves in every room but the bathroom. We have many boxes of books, CD's or DVD's in storage, in the basement, and attic as well. I'm sitting right now, surrounded by four foot stacks of books all over my living room. I have a problem. I am a compulsive book, CD or DVD buyer. I just don't know how to fix that problem. For you, it's "maybe this book will make me smarter." For me, it's my remote brain. All the knowledge I don't yet know or can't remember is hiding in these

books, and if I let them go, I'm somehow losing part of my knowledge base. I just know that somewhere in the house is the book I want, if only I can find it.

-I guess we have a different perspective on owning books. Currently I have about 3000+ and have donated perhaps 1500 more in the past to libraries, as well as selling another 500. My TBR books fill a floor to ceiling bookcase. They've overflowed beyond that space. I own more than 5,000 fiction books.

- At home I use three rooms for my books. I've read more than 4,000 of them. My TBR list is 1000 books long.

-I get complaints about the stacks of books around the house. I have piles of unread books all over the house. But if I break a leg, I've got plenty to read!

-They fit on shelves, but only because the shelves are deep, so I can get two layers of books. I have them stacked double. There are also a lot of stacks on top of the shelves, on the floor, table, furniture...

-One of these days the TBR pile on my bedside table is just going to fall over on top of me as I sleep and I will die either of a concussion or suffocation.



**WHY DO I KEEP SO MANY BOOKS, NEWS/PAPERS, MAGAZINES, CD's or DVD's (THINGS)?** OBH, CD, DVD statement's:

I would rather keep it in case I should ever need it in the future.

I might get rid of something I will need later.

I don't want to waste things - I do not want to be wasteful by discarding anything that could still be used. I feel responsible for items and want to

make sure that they are used properly or given to those who may need them.

I have attachments to my books, CD's or DVD's and do not want to get rid of them.

Each of my items (books, CD's or DVD's) means something to me.

Some things I can use in the future, some things have an emotional meaning to me, and some things are too valuable for me to get rid of.

Many of my items remind me of things and keep me up to date with the happenings around me (newspapers, magazines, CD's or DVD's etc.).

If I get rid of them, I might forget things.

I am not able to clean up by myself - It is difficult for me to clean up without outside help, so things pile up.

I live in such a tiny place - If I lived in a bigger place, I wouldn't have to live this way.

I can't decide which things to get rid of.

I have a difficult time deciding which things to keep and which things to throw away.

## TOP 20 STATEMENTS - MISCONCEPTIONS ABOUT REASONS FOR BOOK, CD or DVD HOARDING

I need the book for reference, or re-reading, or sentimental value.

I get a huge buzz out of book, CD or DVD buying and feel on top of the world when I buy one.

I will sink into despair if I do not follow through with buying a book, CD or DVD.

I buy more books than I can possibly read, just because someday I'll want to read them?

There is something about having the actual books CD's or DVD's that gives me pleasure.

I can't imagine I want to give up the physical books.

The underlying reason for book hoarding is that we are on a quest for answers. That's why the feeling I get when I go to a bookstore is that I want to own every book in the store. The answers have got to be in these books somewhere. They're smart. They like this book. Maybe if I read it, I'll be smart too.

It's not that I don't like people. It's just that when I'm in the company of others (even my nearest and dearest) there always comes a moment when I'd rather be reading a book, listening to CD or watching a movie.

The moment I discard one book, CD or DVD, I discard a part of myself. The moment I decide to throw book, CD or DVD away I may be making the wrong choice.

In the moment I am unable to know how to categorize my books, CD's or DVD's. I will place it in sight so I will know where it is.

The moment my object-book has a use, I have to keep/use it so it doesn't get wasted.

The moment you decide to throw book, CD or DVD away, you no longer are the person in control and what happens to this item will be in the hands of others.

The moment you throw book, CD or DVD away, you may forget it's content or the way it looked and it will be gone forever.

**A CASE OF A WRITER, HOW HE BECAME AN OBSESSIVE BOOK HOARDER - THE ROAD TO HOARDOM** I'm an Obsessive Book Hoarder (OBH)-I know it now. It started innocently enough in childhood. Books have been my teachers, substitute mother and father in them I was looking for answers that I didn't get from my parents. When parents were arguing, I went into the room and read in silence. This was my holy space. First I read the stories. My grandmother was a teacher and she was happy to read and buy it for me. I began to visit the library, I was enrolled in the literacy circles. I started to buy books on my own. I was frightened and helpless. For myself I thought: They're smart. They like this book. Maybe if I read it, I'll be smart, not frightened too. When I grew older I always buy and borrow more and more books.

So I've hoarded books since childhood. I have a strong delusion that I can single handedly save independent bookstores. I also take several library books out every week. Even though my own personal library could supply enough books for me to read for years, I always put those aside for library books, under the theory that I can always read mine later, at a time when a library won't be available. I bought a few more books than I had time to read—no big deal. But before too long, my To Be Read (TBR) pile swelled to a dozen. Still manageable and everyone has books on hand to read, right? No! My friends were shocked when I casually mentioned I had a pile of unread books. I brought it up with a few other people because I was sure I was normal. It turned out that I wasn't. After all, it was embarrassing to be the *only one* who bought more books than he read.

Then I bought a new computer. I joined, and browsed the communities—and I found other romance readers. Then came the recommendations. "Favorite First Line" and "Only Three." I found more intriguing books and bought them. And the TBR pile swelled.

Because I was trying so many new authors and loving them, and because of my OBH I must have every book. And since I was spending so much time *looking* for books, and writing my own stuff, I didn't have as much time to read them. And the TBR pile grew even further. I don't have time to actually *read* my new books yet. But then a strange thing happens: I've done it again. I've bought another must-have book, given it some "can time", and the *last* book, the one that was waiting for me on the coffee table, has silently migrated to my bookshelf, without ever getting read. Sometimes I'll drop everything and head directly to the bookstore, because clearly this book contains secrets I must know to make my next move. I bring the book home, glance through a few chapters while sitting on the can, put it on the coffee table for later indulgence, and get back to whatever I was doing pre-bookstore-run. This could also be a story of obsessive CD or DVD hoarder.

**HE'S RELATIONSHIP TOWARD BOOKS (CD's or DVD's)** To me, the book itself is personal. The cover, the feel of the pages. Some books have harsh, unfriendly pages, while others are smooth, and the book falls open gracefully. Are the edges smooth or cut ragged? What about the font? Oh, there are so many. I reread some of my books, others have been only partially read, or not at all. What I like, however, is when I get interested in a particular subject matter, I can investigate further, knowing I may have another book, or two, or more, on the subject.

What I can't bear the thought of is having my books, CD's or DVD's thrown in the trash! But, I know many of them are probably worthless, meaningful only to me because I've hung onto them for so many years (they are my brothers and sisters). Surprisingly, some of them are now worth money, being out of print, first editions, or privately published. I'm a terrible hoarder. I hate parting with books, even if I haven't read them for years. I don't even give them to others to read and keep them. My books are my books—they are my family. I never want to part or would ever lend a book I really like to anyone. That kind of relationship toward movies and music could also mean obsessive CD or DVD hoarding.

**YOU'RE A BOOK (CD OR DVD) HOARDER, HOW DO YOU STOP THE INSANITY OF ACCUMULATING BOOKS?** Sometimes you'll get a new book, glance through a few chapters, put it on the coffee table for later indulgence, and get back to whatever you were doing. You don't have time

to actually read your new book yet. You've got a lot of work to do, and you're already part way through a couple other ones, so it'll have to wait. But then a strange thing happens: Over the next couple weeks, you've done it again. You've bought another must-have book, CD or DVD and the last item, the one that was waiting for you on the coffee table, has silently migrated to your shelf, without ever getting read, listened or viewed.



### STRATEGIES FOR CUTTING DOWN ON BOOK, CD OR DVD HOARDING

1. Cull your existing collection. Keep only particularly valuable books after reading. Donate, sell, give or trade the rest to your local library or charity. The same goes for CD's or DVD's.
2. Reference books like encyclopedias, dictionaries. If you haven't referred to a particular book for over a year, though, you should probably part with it. These days, you can find a lot of reference information online.
3. Make a rule that you will read X number of books you currently own before buying another one. Set a "read-to-purchase ratio-4:1". So you can reward yourself with a new book soon enough, and not feel guilty about it. The same goes for CD's or DVD's.
4. Make a "syllabus" of books to read -TBR pile. Look at your bookshelf, and pick out the next 10 books you want to read. Give yourself a reasonable amount of time to finish all the books, break the total pages down into a daily reading assignment, and tell yourself that you can't buy a new book until you finish half the books on the syllabus.
5. Make a "to buy" list. Sometimes the urge to get a book can be satiated by writing it down on a list of books you would like to read or acquire "someday."
6. To keep your book collection from growing: If you buy a book, immediately get rid of a book you already have. The same goes for CD's or DVD's.
7. Use the library: most library systems will lend you books from anywhere in their system. You can use the library for downloading e-books.
8. Purchase and collect your books on an e-Book reader. No more piles of books, but be aware for piles of data! This could be dangerous, so you can become a, e-Book hoarder.
9. If you have room for them and you still think "I'm going to read (or re-read) that someday", keep them.
10. If a book has a few interesting gems of advice but it otherwise not worth keeping, make notes of the few interesting tidbits from the books, save those tidbits in a file, then give away the book. This is probably a good time to organize your books as well.
11. The ones worth keeping, we buy. Many times a book is interesting or entertaining to read, but not necessarily interesting or entertaining or valuable enough to keep. The same goes for CD's or DVD's.
12. Having the library enforce a "read it or get rid of it" deadline is the best incentive not to stock up on stuff we aren't going to be able or willing to take time to read through.
13. Ask yourself if I need the book for reference, or re-reading, or sentimental value. Those that don't seem to stand out as worth keeping, we donate to the library. The same goes for CD's or DVD's.
14. Donate books instead throwing them away, since it's a comfort to know they find a good home with someone. The same goes for CD's or DVD's.
15. Don't buy a book unless you spend half an hour with it in the bookstore. For every book acquired, relinquish two books that you've already read.

### UNDERSTANDING AND TREATING DIFFERENT TYPES OF HOARDING



Hoarding and saving has long been thought to be a classic symptom of Obsessive Compulsive Disorder-OCD. But an American Journal of Psychiatry study found hoarders show different brain activity patterns. Some hoarders may have been receiving inappropriate treatment. OCD is an anxiety disorder in which sufferers are compelled by irrational fears and thoughts to repeat seemingly needless actions over and over again washing, cleaning or repeated checking.

Many experts believe excessive hoarding to be another manifestation of the condition. Like other compulsive behaviors, hoarding is an effort to manage the anxiety raised by obsessive doubts. There are varying levels of hoarding behavior. A diagnosis of OCD

of the hoarding type is made when there is significant distress or disruption to feelings of self-worth, interpersonal relationships, education, occupation, housing, finances, legal issues, or health as a result of hoarding behavior.

**CAUSES** There appears to be a strong genetic component to OCD of the hoarding type. Modeling and conditioning may also play a role in the development of this disorder. OCD usually involves over-activity and/or under-activity of brain regions that underpin the observed behaviors. Hoarding worries and behaviors can begin in childhood, even as young as age five, and can be transferable (consciously or unconsciously) from generation to generation.

**SYMPTOMS OF OBSESSIVE COMPULSIVE HOARDING (OCH) VARY FROM PERSON TO PERSON AND MAY INCLUDE** Saving items seen by most people as unneeded or worthless, (not true collectibles). Compulsively buying or saving excessive quantities of items (books, CD's or DVD's) of any kind. Treating all saved items as equally valuable, whether or not the object has sentimental, financial or functional value. Experiencing intense anxiety or distress when attempting to discard-or even think about discarding-what most others view as useless objects. Significant deterioration in housekeeping due to excessive clutter. Cluttered living spaces. Keeping stacks of newspapers, books, CD's or DVD's, magazines or junk mail. Moving items from one pile to another, without discarding anything - difficulty to organize items. Perfectionism. Difficulty managing daily activities. Limited or no social interactions. Being unable to use furniture, rooms, or entire homes in standard ways due to saved items....

Engaging in saving activity to combat anxiety-provoking thoughts such as: "What if I run out?" "What if I need to know something and don't have the information (book) available?" "What if I put it away and can't find it?" "What if the way I organize books isn't the right way?" "What if I throw book away but the day comes when I really need it?" Where is the harm in keeping just this 1 extra thing, book, CD or DVD?"

**BRAIN RESEARCH ON OBSESSIVE COMPULSIVE HOARDING (OCH)** Now, research suggests that people like this (compulsive hoarders) have distinct brain abnormalities. Sanjaya Saxena, a UCLA psychiatrist who's studied compulsive hoarders for nearly six years, wouldn't exactly describe their condition as a phobia. The UCLA team carried out sophisticated PET scans to measure brain activity in 45 adults with OCD, of which 12 were hoarders, and 17 people without mental health problems. The hoarders showed a unique pattern of activity, including less activity in brain regions known as the posterior cingulate gyrus and cuneus. It is estimated that hoarding and saving symptoms are found in up to 30% of patients currently recognised as having OCD. These people are often also indecisive and perfectionists. Standard therapies for OCD often seem to have little effect at reducing these particular symptoms. Brain scans show a difference in brain abnormalities between people with non-hoarding OCD and hoarding OCD, says Saxena, who is studying the neurobiology of hoarding.

Saxena took a scientific approach to understanding the minds of such hoarders. He devised a study comparing the brain scans of those with no disorders, those with Obsessive-Compulsive Disorder OCD and those with Obsessive-Compulsive Hoarding OCH. He and his team were able to glean some interesting findings. "In the brain of compulsive hoarders was a unique, distinct pattern. They did not have the typical areas of elevated activity we saw in all the other OCD patients, instead they actually had low activity in certain parts of the brain that were involved in visual-spatial orientation, and in other parts of the brain involved in tension, motivation and decision-making."

Those free of hoarding behavior have an area in the brain called the cingulate gyrus that fires up areas involved in decision-making and motivation. But in the brains of compulsive hoarders the cingulate gyrus registered low activity. "What we think is going on, is that low activity along the midline in these areas of the brain seem to be responsible for not only the overt hoarding and saving and acquiring behaviors, but probably also are responsible for some of these other features that we see in compulsive hoarders-the disorganization, the trouble with attention, the motivation, the difficulty with making decisions.

**MEDICATION OF OCH** Research suggests that hoarding is not a usual compulsion and may be a distinct type of obsessive-compulsive disorder not treatable in the standard way. When you are looking at obsessional patients, hoarders seem to stand apart, and they don't respond well - if at all - to standard anti-obsessional treatments, which makes you think they might be a bit different. OCD is probably a mix of different disorders. Before, medications used to treat OCD had no effect on hoarders. Knowing that their brains differ from the brains of patients with OCD "We're now in the process of trying out new medication...because we know that in other disorders they actually effect those brain areas that were abnormal in the patients with compulsive hoarding."From what Alford says he's seen, chemical approaches that treat hoarders like the Collyers are often ineffective. He says that after trying medication some of them get more depressed that they already are. Although medications used to treat anxiety and OCD (e.g. Paxil, Luvox, etc.) and to sharpen attention (e.g. Ritalin) can be helpful in some OCH cases. Co-morbid conditions such as depression may also need to be addressed.

**COGNITIVE BEHAVIORAL (EXPOSURE THERAPY) AND PSYCHOANALYTICAL TREATMENT** Instead, he believes that their problems are better solved with behavior-based therapy. But that comes with its own difficulties. Because of the social stigma attached to the disorder, compulsive hoarders are notoriously unwilling to reveal their problem. Outside pressure of a relative or friend isn't always considered to be very motivating and changes will and can only happen when the Hoarder *himself* is willing enough. But many simply refuse the help or treatment or drop-out. So Cognitive Behavioral Therapy will try to alter the person's thinking, which is based on many misconceptions or views. Hoarding affects emotions, thoughts and behavior. So small and manageable goals have to be discussed and agreed to. Some suggest that persuading them to discards their items (books) is too much to ask, and will instead suggest options such as recycling, sharing and/or giving away to charities and so on.

Combining psychoanalysis, exposure therapy, and medication can help individuals to make beneficial changes in their lives. Psychotherapy involves exploring the impact of learning, triggers, worrisome thoughts, and intense emotions. Exposure therapy involves practicing at home, new ways of responding to uncomfortable thoughts and feelings that arise when hoarding behavior is challenged. The key of Exposure therapy is learning to "allow" feelings of anxiety to be present without attempting to neutralize them by saving things. Using psychoanalysis we're touching the deeper rooted problems in patints. Without a structured approach to treating compulsive hoarding, those who suffer from it will continue to be referred to fire departments or health departments, where they're generally given ultimatums to clear out their homes or face eviction. While that might solve a short term problem it's not going to stop the behavior, psychoanalysis is needed. Almost always, if a place is cleaned out, the hoarding behavior returns immediately. Frost is also developing cognitive behavioral treatments, but progress is slow.

**THERAPY GOALS:** Avoid repetitive questioning ("Why? Why do I hoard? Why did I let this get out of hand?"). Develop the ability to tolerate intense emotions. Accept that less than perfect is "good enough." "Only Handle It Once." (OHIO). Deal with each item only once. Simplify decision making. Organize and file systematically. Buy and keep "just enough." Focus on functionality. Seek assistance or another opinion. I believe that, getting professional medical, exposure therapy and psychoanalytical treatment (individual and group setting), is the best option that book, CD and DVD hoarders have. That's the only thing that is going to control their behavior and unconscious patterns of repetition in the long run. As a book, CD or DVD hoarder you can get better, you just have to be willing to invest the effort of psychotherapy, possible medications and to believe you can do this.

**ALTERNATIVE: THE EFFECTIVENESS OF A BIBLIO-BASED SELF-HELP PROGRAM FOR COMPULSIVE HOARDING** Author: Pekareva-Kochergina, Alla; Smith College. Dept. of Psychology. Compulsive hoarding is characterized by the acquisition of, and failure to discard, a large number of possessions and clutter that prevents the use of living spaces as intended. Current successful treatments such as individual and group cognitive-behavioral or psychoanalytic therapy are lengthy and costly, requiring a time commitment ranging from four to twelve months, trained clinicians to administer treatment, and multiple home visits.

Self-help may provide a cost-effective alternative for individuals who want to work on their hoarding issues but are unable or unwilling to engage in treatment; for individuals already in treatment, self-help may serve as a beneficial adjunct. The purpose of the present study was to investigate the effectiveness of an innovative self-help program consisting of a nonprofessionally-facilitated biblio-based self-help group using Tolin, Frost, and Steketee's (2007b) Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding. Seventeen self-identified hoarders participated in the thirteen-week program. Results revealed significant decreases in clutter, difficulty discarding, and acquisition from pre-treatment to post-treatment, with reductions evident at mid-treatment. At post-treatment, approximately one-half of the participants in the program met criteria for clinically significant change. The findings of the present study suggest that a biblio-based self-help program is a promising new approach for treating compulsive hoarding. <http://hdl.handle.net/10090/8932> Date: 2009-06-15

OCH - BLOG COMMENTS I've become sort of a neighborhood lending library, but just lately, I've been telling people they're welcome to borrow - as long as they don't return.

When we moved here I brought about 1,000 books with me. And gave away about 8,000. Now here I am again. Did I mention they breed like minks? I read 3-4 books a week.

I'm a "mood" reader: I read different kinds of literature depending on the mood I'm in. So I like to have just the right book for every emotional color handy at all times.

I tend to be obsessive. I have all my books, CD's or DVD's databased. I have all the boxes that I store my items in labeled with a number so that I can catalog that and find the book I want quickly.

I must buy at least one book a day, the age range doesn't count. I have kids, so I buy many childrens' books, but the kids are not allowed to touch the books. They have their own more or less the same childrens' books as me.

When my husband split up with his first wife she only gave him back some of his books. He catalogued them and then went on a search to find the ones he was missing. That was 16 years ago.

There were so many books CD's or DVD's in my house so I made a clean break-the books and films I knew I wouldn't read or watch I donated to the library or goodwill. Now I don't have books CD's or DVD's stacked up in every room in my house!

I've always loved bookstores, CD and DVD shops and libraries, have spent hours at a time there. Don't let me loose in any of them!

One thing that works for me is that if I buy a book, I immediately get rid of a book I already have.

I have a new rule that I will only keep one book on my coffee table-the one that I am currently reading.

Each time I visit Amazon, I will have ordered a book, CD pr DVD and immediately feel guilty. I get a huge buzz out of book, CD or DVD buying and feel on top of the world when I buy one.

I love my books, CD's or DVD's and don't want to leave the world they create for me.

I am a Book hoarder and I'm not going to change. I have read all of my books and I love them. How can I just get rid of them? I have had some of them longer than my wife or kids or any of my friends. I can't do it. I just can't! I can't imagine I want to give up the physical books.

#### INTERNET SOURCES, BOOKS AND ARTICLES USED IN ARTICLE

<http://bibliomania.askdefine.com/>

<http://www.mha-sf.org/library/hoardprob.cfm>

<http://www.pptspaces.com/pptblog/Lists/Posts/Post.aspx?ID=12>

<http://lifehacker.com/5138508/cut-down-on-book-hoarding>

<http://30sleeps.com/blog/2007/12/18/how-to-stop-hoarding-books>

<http://toberead.wordpress.com/2006/05/05/obsessive-book-hoarding/>

<http://www.wikihow.com/Stop-Accumulating-Books>

[http://weblogs.baltimoresun.com/entertainment/books/blog/2009/06/book\\_hoardin](http://weblogs.baltimoresun.com/entertainment/books/blog/2009/06/book_hoardin)

<http://www.youthink.com/forum.cfm?action=read&forum>

<http://dspace.nitle.org/handle/10090/8932>

<http://hdl.handle.net/10090/8932>

<http://news.bbc.co.uk/2/hi/health/3769677.stm>

[www.squalorsurvivors.com/squalor/hoarding.shtml](http://www.squalorsurvivors.com/squalor/hoarding.shtml)

<http://www.dr-michaelgallo.com/article2.html>



<http://ajp.psychiatryonline.org/>

[http://understanding\\_ OCD.tripod.com/hoarding4\\_supportgroups.html](http://understanding OCD.tripod.com/hoarding4_supportgroups.html)

href="http://www.mayoclinic.com/health/hoarding/DS00966"

<http://news.bbc.co.uk/2/hi/health/3769677.stm>

<http://www.squalorsurvivors.com/resources/overcoming-compulsive-hoarding-review.shtml>

<http://www.anxietyandstress.com/dealingwithocd.html>

Frost, & Hartl, (1996). A cognitive-behavioral model of compulsive hoarding. *Behavioural Research and Therapy*, 34,(4), 341-350.

Cohen, J. (2004) The dangers of hoarding. USA Today, 19th February, 2004

Nina Bernstein. (2003). So Much Clutter, So Little Room: Looking Inside the Hoarder's Lair. Article.

Joyce Cohen. (2000). The danger of hoarding. Special for USA TODAY.