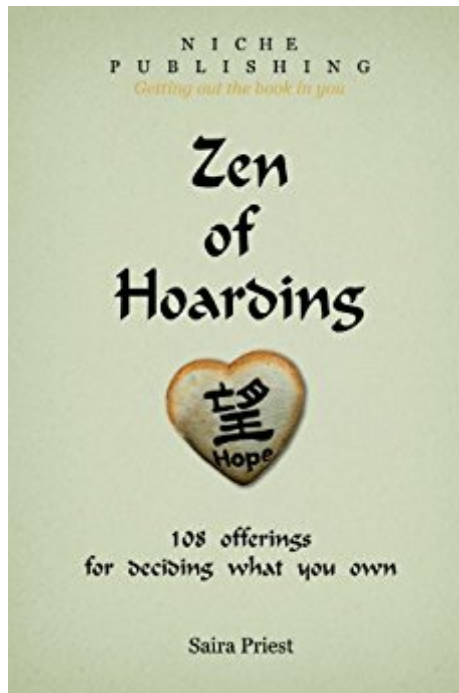




The book was found

Zen Of Hoarding: 108 Offerings For Deciding What You Own.



Synopsis

Zen of Hoarding is infused with light-hearted spiritual wisdom, offered in koan-sized pieces for meditation. Each offering provides a thought for reflection as we unravel the mysteries behind our habits of hoarding. It strips the label and unearths what lies at the heart of our decisions regarding things. Saira Priest reveals the emotions behind the things we hold onto long after we are done with them, and gently nudges us along as we find the courage to let go. In her journey with hoarding, Saira found lasting ways to clear the clutter and change her habits to live a clearer, easier life, freeing up time to do all the exciting things which define to her what it truly means to be alive. You can reclaim your life, too. Reading Zen of Hoarding will help. Feel a stronger connection with yourself as a kind friend walks hand in hand with you along the path to finding your better self under all the clutter. Whether you have habits of hoarding or you are a loved one struggling to understand and help someone else who does - either way - Zen of Hoarding is a gift.

Book Information

File Size: 432 KB

Print Length: 196 pages

Simultaneous Device Usage: Unlimited

Publisher: Niche Publishing & Marketing (November 15, 2012)

Publication Date: November 15, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00A8O3JEW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #560,300 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Hoarding

#74 in Books > Health, Fitness & Dieting > Addiction & Recovery > Hoarding #292

in Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Zen

Customer Reviews

I got the kindle version so I could try not to add to my pile of possessions. Overall it was a nice book. A lot of talking about why some people get into the mess but not a whole lot of steps to help get out. Different sections will appeal to different people. It did make me feel better to know I am not alone in it. And a good read when trying to get started.

Not the next best seller but really connected with the down to earth and NOT condescending tone of it. Good info on the underlying factors involved and how to move forward from it. Some say simplistic but not everyone needs a 12 step tv crew to help them work on this.

I like how this book approaches hoarding like no one really ever has. It really isn't even about hoarding as much as it is why we keep the things we do. It is such a kind approach and because of that, it is effective and helpful.

There are probably more scientifically informative books out there, but this one describes the feelings one attaches to possessions in a down-to-earth way.

It's helped me get perspective on my clutter! Much easier to let it go! I highly recommend it if you're struggling with clutter!

Very practical. Deals with realistic problems and solutions. I will recommend this book. Adding the spiritu element makes it more interesting.

Each of the short passages in this book are quick to read - most of them are only a page or two, but each one invites you to think about the things you do, and why you do them. It is worth taking the time to meditate and think through each offering instead of rushing through the whole thing from start to finish. The book really motivated me to start clearing out the negative thoughts, and cleaning out the junk room. I realized that I was trying to find the perfect end to my things. Should I chuck it in the trash or recycling bin, give it to a friend, donate it to the charity, contact some kind of appraiser to see if it is worth something, or sell it. And what charity should get it, where should I sell it, was I going to get the right price. And all that was just on one item! I was wasting time on making decisions, and realized I didn't need to find the perfect way to get rid of it; I just needed to find a way to get rid of it. Everyone I know who has read this book started clearing the clutter in their house after reading this book.

Remember the Serenity Prayer: God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Such is the message of this book. Without negativity and no "you've got to", Saira digs into the deep emotions behind hoarding. In fact the word "hoarding and hoarder" is used very little in this book. Instead what you will find is how to deal with the underlying causes of hoarding. Emotions and habits are identified and how to free yourself of their hold is explained, putting you back in control of your life. I was really surprised with the contents of this book as it is full of positives. Many ask why - well this book explains why and how to turn the negative into positive and take back your life. I did receive a copy of this book in exchange for my honest review.

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