

About the Authors



ELAINE BIRCHALL is the director of Birchall Consulting, which is dedicated to helping those with hoarding disorders achieve control over their possessions and hoarding tendencies. The founder of the Canadian National Hoarding Coalition and host of the radio *show Take Back Your Life When Your Things are Taking Over*, she earned her master's degree in social work from Carleton University. As a hoarding behavior specialist and clutter coach for more than 17 years, she provides training, consultations, and counseling to people and organizations across North America.



SUZANNE CRONKWRIGHT, a technical writer and editor with over 35 years' experience, earned her honors bachelor's degree in psychology from Wilfrid Laurier University. She is recognized for her ability to translate complex technical information into simple, clear procedures.