

Resource 16.4. Hoarding Disorder and Associated Resources

Books and Reports

- *The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic and Obsessions*, by Martin M. Antony and Peter J. Norton, Guilford Press, 2009.
- *The Anxiety and Phobia Workbook*, 5th ed., by Edmund J. Bourne, New Harbinger, 2010.
- *Attachment in Adulthood: Structure, Dynamics, and Change*, by Mario Mikulincer and Phillip R. Shaver, Guilford Press, 2007.
- *Cognitive Behavioural Therapy: Solve Everyday Problems with CBT*, by Christine Wilding and Aileen Milne, McGraw Hill, 2010.
- *Compulsive Hoarding and Acquiring: Workbook*, by Randy Frost and Gail Steketee, Oxford University Press, 2007.
- *Feeling Good: The New Mood Therapy*, revised and updated, by David D. Burns, Harper Collins, 1999.
- *The Feeling Good Handbook*, by David D. Burns, Penguin, 1999.
- *Feeling Good Together: The Secret to Making Troubled Relationships Work*, by David D. Burns, Broadway Books, 2008.
- *Get It Done When You're Depressed*, revised and updated, by Julie A. Fast and John D. Preston, Penguin, 2008.
- *Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy*, by Steven C. Hayes, with Spencer Smith, New Harbinger, 2005.

- *The Habit Change Workbook: How to Break Bad Habits and Form Good Ones*, by James Claiborn and Cherry Pedrick, New Harbinger, 2001.
- *Live Your Dreams, Let Reality Catch Up*, by Roger Ellerton, Trafford, 2006.
- *Loving Someone with OCD: Help for You and Your Family*, by Karen J. Landsman, New Harbinger, 2005.
- *Mastering Your Adult ADHD: A Cognitive Behavioral Treatment Program*, by Steven A. Safren, Carol A. Perlman, Susan Sprich, and Michael W. Otto, Oxford University Press, 2005.
- *Mind Over Mood: Change How You Feel by Changing the Way You Think*, by Dennis Greenberger. and Christine A. Padesky, Guilford Press, 1995.
- *Mindfulness in Plain English*, updated and expanded edition, by Bhante Henepola Gunaratana, Wisdom Publications, 2002.
- *No Room to Spare: Ottawa's Community Response to Hoarding Plan*, by L. Bonnie Dinning, report prepared for the Ottawa Community Response to Hoarding Coalition, May 2006, www.hoarding.ca/wp-content/uploads/2014/08/no-room-to-spare-report.pdf.
- *Obsessive-Compulsive Disorder: A Behavioral and Cognitive Protocol Overcoming for the Treatment of OCD*, by Gail Steketee, New Harbinger, 1999.
- *Overcoming Compulsive Hoarding: Why You Save and How You Can Stop*, by Fugen Neziroglu, Jerome Bubrick, and Jose A. Yaryura-Tobias, New Harbinger, 2004.
- *The Perfectionist's Handbook: Take Risks, Invite Criticism, and Make the Most of Your Mistakes*, by Jeff Szymanski, Harvard Health, 2011.
- *Procrastination: Why You Do It, What to Do about It Now*, 25th anniversary ed., fully revised and updated, by Jane B. Burka. and Lenora M. Yuen, Da Capo, 2008.

- *The Self-Esteem Workbook*, by Glenn R. Schiraldi, New Harbinger, 2001.
- *Ten Days to Self-Esteem*, by David D. Burns, Harper Collins, 1993.

Online Support

- International OCD Foundation, www.hoarding.iocdf.org, has expert information provided by two internationally recognized top clinical researchers (Randy Frost and Gail Steketee).
- Hoarding behavior and intervention specialist, Elaine Birchall, one of the authors of this book, offers advice at www.hoarding.ca