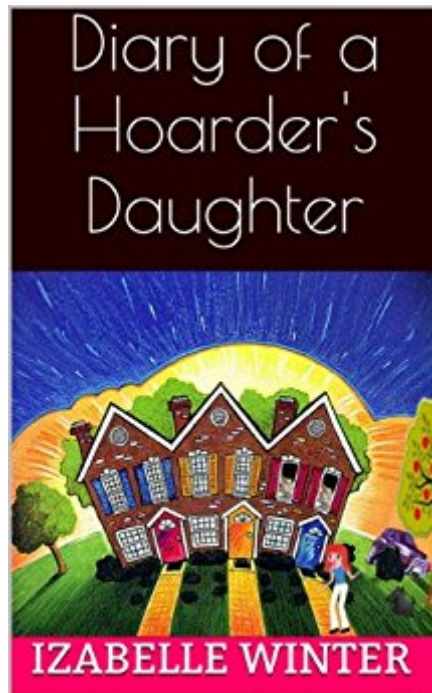




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# Diary Of A Hoarder's Daughter



## Synopsis

What is it really like to be the relative of a hoarder - especially if you're a tidy freak? How much can one person take until they snap? Imagine living in a house where you can only walk sideways, where Christmas lights stay up all year and tins in the kitchen eventually explode with age. Of eight televisions in the lounge, only one actually worked. A new 20ft carpet which arrived, rolled up and ready to be laid in 1974, was still there forty years later. Why would a man with two feet need 173 shoes? Where were his teeth, his hearing aid and the vacuum cleaner? In fact, where was the floor?

Meet my dad - 82, eccentric, stubborn, knows everything and collects 'stuff'. - His house, his stuff - what's the problem? For him there wasn't a problem, until one day he had a nasty accident while up a ladder in his garden and was taken to hospital. Temporarily unable to live in the house, it was down to me, his daughter to make the house safe for him to return. I had to do something with over fifty years of accumulated 'stuff'. I had to sort the whole house knowing he would freak out if I threw anything away. I also had to tolerate his narcissistic personality which made the whole situation almost unbearable.

## Book Information

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## Customer Reviews

This was a very interesting true story about growing up with, and living with, a hoarder. My ex-husband had these tendencies but they were only tendencies. He still struggles with throwing things out, and when I read many of Imelda's reasons for keeping all sorts of oddball items, I could hear him saying the same things. BUT, he would give things a good cleaning out every so often. Many people commented about why the daughter chose to clean. I get that. She was respectful of her father's feelings and of his things. Even though he didn't pay her any attention (while growing up or when she was cleaning), she found ways to deal with that emotionally. As for growing up in that environment, I can see how it gradually became an issue and by that point nobody knew how to handle it. Times were different, too. Her mom was educated but trying to deal with the dad and his issues was way above her pay grade. The cost was her mental illness. Interesting book. Yes there were complaints, but it was part of telling the story.

I enjoyed reading this book in as much as it shed light on the life of a Hoarder. I found it interesting in how the author described how her father reacted when she would approach him regarding getting rid of an item. I think all of us have a little "hoarder" in us. Keeping things that mean something to us yet nothing to someone else. My only problem with the book is the way it ended. It just dropped off and did not finish the story. But it is a pretty good read.

I found this book to be an interesting and somewhat informative read. I do think it could have been more helpful to those affected by hoarding if Ms Winter had included the DSM (Diagnostic and Statistical Manual) definition of hoarding as well as some resources people could contact for help. If it had that information in the book, I'd have been able to give it a 5 star rating as it is very well written and very honest! I think the author was able to accurately convey what it must be like living in such an environment as well as a logical progression of thought that I suspect many of us would have when faced with such a situation! Feelings run the gamut from being a young child and thinking this is just how it is, to embarrassment, shame, confusion (why would anyone WANT to live that way?) to frustration and finally to a sort of weary acceptance! I wonder if there might be a sequel? If so, I'd definitely read it as I'd like to know if the author or anyone ever encouraged psychiatric help for her father's illness or if perhaps it was forced upon him to deal with it either by social services due to health reasons, the fire department due to safety issues and/or building code

violations or perhaps, sadly, death intervened and left the author to deal with the aftermath of the disorder. I am also curious as to how her brother (who was discussed minimally in the book for privacy reasons) is handling living in that environment or if perhaps he too has broken free. All in all, an interesting and satisfying read!

I enjoyed reading this book from a perspective of real life and not a staged for viewing TV program. I have watched hoarders several times but quit as it was so discouraging. I wondered if those shows where everything is removed from the house, sold at a yard sale, trashed or reused and the house remodeled were also hoarders and if it went right back to how it was. A good read and I hope there is a happy ending before Papa goes to his eternal reward. It for sure won't be a clean tidy house but perhaps an acceptance and appreciation.

I kept reading the same idea over and over. No respect for family or parents. Just an angry lament. Kept reading expecting a turning point which never came.

This is a well put together story of a daughter trying to respect her father's life and what her father needs while balancing her own sanity and life.... This was an interesting read, from the perspective of parent as well as child. Reading brought up childhood memories of piles, though no where near as mountainous (only 2-3 ft in corners at times), still large none-the-less... I did have to take a break a couple times from reading because the inner stress it was churning up. Thank God for EFT tapping to get through and get rid of the rehashed anxiety/other emotions!!!!!! While I have been accused of piling stuff up by my offspring (usually just handfuls of small stuff and extra books on shelves and papers on desks), it is no where near as bad as what I grew up with. In a way, this book has been a way to let go of negative stuff and heal via EFT tapping while reading.... The other thing this book brought up for me was what I read between the lines about the father. He is a narcissist. A narcissist is absorbed with himself, discusses only himself, thinks only of himself, feels entitled to be served, nearly impossible to be pleased, twists all blame off self, can "clearly" never be in the wrong, and practically never apologize except perhaps to say they are sorry you are offended by the way they are. They are the only one qualified for "xyz". No one EVER "listens to them".... I know exactly how the daughter feels. This is something I have only in the last year been learning about. It is an extremely revealing topic and explains so much about certain people... and 99.99% of the time they can't be changed as it is a mental state. It is difficult to protect oneself from them. You either "kiss up" and please them as much as possible without "rocking the boat" or get blasted for not

bowing to their dictates. Neither are healthy...so sometimes getting space away from them...some narcissist survivors call it a "no contact" policy... is the only way to preserve sanity. There are blogs and support groups for this situation as well. (See my comment below.)...Anyone that thinks the daughter was disrespectful has never dealt with a narcissist. I did not see her as complaining...just venting facts that frustrated her, which I consider healthy. Relationships need to have mutual respect and common courtesy, with interest, understanding, and kindness flowing both ways to be healthy (all foreign concepts to narcissists).

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