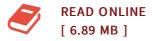# Mess: One Man s Struggle to Clean Up His House and His ACT

By Barry Yourgrau

Dreamscape Media, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 153 x 128 mm. Language: English . Brand New. Millions of Americans struggle with severe clutter and hoarding. Barry Yourgrau is one of them. Behind the door of his Queens apartment, Yourgrau s life is, quite literally, chaos. Confronted by his exasperated girlfriend, he embarks on a heartfelt and too often uproarious project to take control of his disorderly apartment and life, and to explore the wider world of collecting, clutter, and extreme hoarding. Encounters with a professional declutterer, a Lacanian shrink, and Clutterers Anonymous as well as explorations of the bewildering universe of new therapies and brain science, help Yourgrau navigate uncharted territory: clearing shelves, boxes, and bags. Mess is the story of one man s efforts to learn to let go, to clean up his space (physical and emotional), and to save his relationship.

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