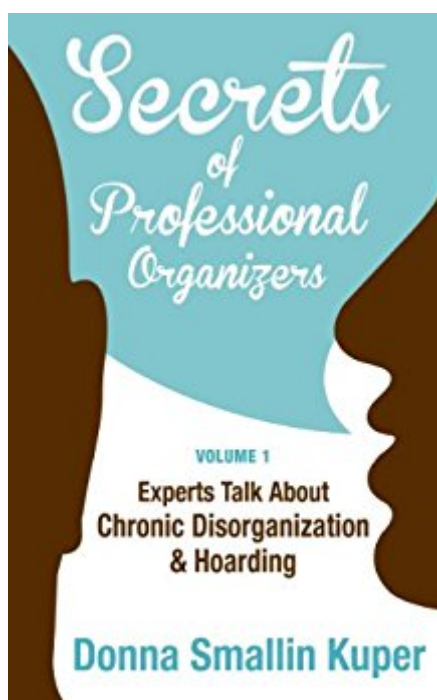


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# Get Organized Secrets Of Professional Organizers Volume 1: Leading Experts Talk About Chronic Disorganization & Hoarding



## Synopsis

Learn How to Overcome Chronic Disorganization and Heal from Hoarding | Yes, You Can! Bestselling Author Donna Smallin Kuper has done it again in this compilation of candid conversations with leading professional organizers who offer help and hope. The seven experts featured in this book include award-winning professional organizers, sought-after consultants, organizer coaches and trainers, international speakers, authors, and a frequent guest consultant on A & E's Hoarders. They are some of the most highly certified and well-respected industry practitioners, many of whom are pioneers in chronic disorganization and hoarding. Is this book for you? The answer is YES if any of the following statements are true:

- You have been struggling with disorganization for a long time.
- You keep acquiring things and can't bear to part with anything.
- Someone you love is struggling with chronic disorganization or hoarding.
- You've tried to get organized, but failed time after time.
- You find standard organizing systems (like filing systems) difficult to maintain.
- The tips you read in organizing magazines never seem to work for you.
- You feel like there is some kind of short circuit in your brain when it comes to getting organized.
- You've been diagnosed with ADHD, depression, dementia, or other mental challenge.
- You want to have a healthier relationship with your stuff.

Whatever your issue, you are not alone. The professional organizers in this book offer helpful and compassionate insights and strategies that can improve your quality of life and mend your self-esteem. Like Gerialin Thomas says in Chapter 3, "Being chronically disorganized doesn't make you a bad person."

Written in an interview format, *Secrets of Professional Organizers* was compiled from interviews conducted, recorded, and transcribed between November 2012 and January 2013. This landmark book is the first in a series of three volumes:

- Volume 1: Chronic Disorganization & Hoarding
- Volume 2: Productivity & Work-Life Balance (To Be Published April 2013)
- Volume 3: Decluttering, Organizing & Simplifying Life (To Be Published May 2013)

In reading the pages of this book, you will learn how getting organized isn't just about clearing clutter or cleaning up. It's about improving the quality of your life and perhaps even your health and safety. And yes, that's possible for anyone, including you.

## Book Information

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## Customer Reviews

It seems a long time since I finished a book. Moving, boxes and boxes and boxes. I feel I may never get finished with this move. But the mess I left behind, I never want to see again. After a couple years of the fibro getting me down and keeping me in bed the place was a mess. I have to admit it was a mess. But I was in bed. When you're in bed you don't feel like cracking the whip on anybody else. And they don't see it like you do, they don't see the mess, they don't care, or they think I'll get up and do it even though I'm hurting. And my brain wasn't working. I did what I could do, and I read a lot. In those worlds my life wasn't messy, I had adventures. Thank goodness for summer. I finally felt good. I had a chance to go on road trips. I got to go swimming and I felt good! And in all of that I found hope again. And possibly, I found some answers for my health. Because whatever I'm doing now must be working. Even though I've walked 3 miles every few days and have muscle aches, I still didn't get a flare. Is it the magnesium? Is it the extra B vitamins? Is it the extra calcium and D vitamins? Is it the elevation here in Christmas Valley or the barometric pressure or the lack of humidity? Is it the combination of all of it plus a new life in my own adventure? I don't know. But while I feel good, I want to organize and get my life together. So I've been collecting books about housekeeping, organization, and decluttering, those kinds of books. But I dreaded reading them. You see, long before fibro, I knew I had ADD/ADHD. Organizing is a problem for people like me. There are shiny chickens everywhere. Cleaning out the closet may find me putting together a new

hobby or finding something new to research. That's me when well. Add pain and exhaustion to that and nothing will get done. And here is where the book I just read comes in. This was not so much how to book though there is a little of that in there. This book feels like I got to meet a whole lot of organizers, who were also counselors. Each of the counselors has her own way of dealing with people and has a specialty of types of people that they deal with. Many organizers deal with people who have money. These people can afford to have all the shelves put in and closet arrangers that they need in their houses to get organized. When you're poor, you can't afford that. When you're poor, you need to organize even more, but you don't have the money to hire an organizer or have the money to hire a housekeeper. One of the women interviewed talks about taking this whole subject on. I hope they can find help for all of us who are in that position. Another person interviewed takes on the issues that a person with ADD/ADHD must contend with. And yet another takes on the issues that senior people have. Like me. When you had problems in your life, health problems or psychological problems that set you back when there's no one to help you, the problems just get worse. Your place becomes a health hazard, accidents are going to happen when you can't walk through the place with plenty of room. And it was a relief to see that these people in this book are looking at these issues and seeing them as true challenges. Sometimes you feel somebody out there does care. This book helped me feel that. It helped me to see how to read the rest of the organization books that I've picked up. To realize that these are tips and tricks that work for some but not for everyone, but to collect what works for me. And to realize I'm not alone. This book was free when I got it. Now it is \$3.99 I think. Still I think it's worth it. It's a good starting book. I'd like to read the rest of the series. This was only volume 1.

A couple good points for people who fear becoming hoarders, but more a book showcasing professional organizers than one actually helping people get organized. Might be considered a C.V. of potential employees rather than any kind of self help book. I suspect most people with a high level of organizational problems couldn't afford hiring a pro. Still, I came away with two lessons-suggestions I might not have otherwise had. It also does one unexpected thing, it shows that professional organizers generally don't think of the disorganized as hopeless, lazy slobs, which encourages people with difficulties to get help without being ashamed. That was very heartening. You would assume a lot of heavy handed judgement, but there wasn't any.

I read this entire book in one sitting. The book consisted of interviews given by Donna Smallin Kuper to seven organizers. The interviews were interesting; each organizer had her own ways of

approaching problems of chronic disorganization, hoarding, mental illness, aging, and the like. There were some good organizing tips. More of the book was Q & Q that focused on each organizer's approach and treatment, how they gained trust or worked with their clients, and their thoughts about chronic disorganization, hoarding, and other issues. Many issues were covered in the interviews. The one takeaway thing I came out with is that each organizer was truly there for her people. Even while working with serious problems such as mental illness, depression, OCD, Aspergers, hoarding, trauma, traumatic brain injury, and other issues, the organizers tried to team up with mental health professionals for a more comprehensive treatment plan. I also felt that each of these people loved what they did and saw the people as more faceted than any of their problems or pathologies. One organizer even recognized that the people who needed this help the most were often poor and therefore not able to receive it, and she expressed her frustration with that, and what she was doing about it. I also liked that most organizers gave the distinction between situational disorganization (ie death of a parent) and chronic disorganization (been a problem all of one's life). I learned many helpful and insightful things in this book. It was great to see hoarding and other mental issues de-stigmatized by these organizers, through their recognition that the person treated often has a lot more going for them than just the diagnosis - and at the same time, how a helpful diagnosis can help de-stigmatize the situation for the chronically disorganized. If you are looking for a "how to" get organized book, this is not the book for you, although there are a few helpful things geared toward the "alternative thinkers" that these organizers often find themselves treating. If you are looking more for the why and how of working with chronically disorganized people, or thinking of becoming an organizer or therapist to work with this population segment, this would give you some idea if this line of work was for you. I think it is good reading for anyone.

Good book. A little unusual, as it is set up in interview format. But I got the point of view of many different experts in the field. I was reading for myself, but mainly because my mother hoards things and it is getting very close to the time to make other living arrangements for my parents. My mom thinks she is going to clean out the rooms that hold all of her stuff that are a terrible mixture of true treasures and trash before that can happen, and I know I will be trying for at least a year after they are in heaven sorting through stuff. (And she will never let me as long as she is living.) The information on hoarders and collections in this book gave me the insight I needed to stop trying to force her process. There are other books after this one. I would like to find a way to get them, without paying as money is so tight for us. I did get this book for free on a daily special, but it is worth the price.

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